

**Scottish Schools Adolescent Lifestyle  
and Substance Use Survey (SALSUS)**



**DRUG USE REPORT (2015)**



Scottish Government  
Riaghaltas na h-Alba  
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# Executive Summary

## Introduction

This report presents the drugs findings from the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

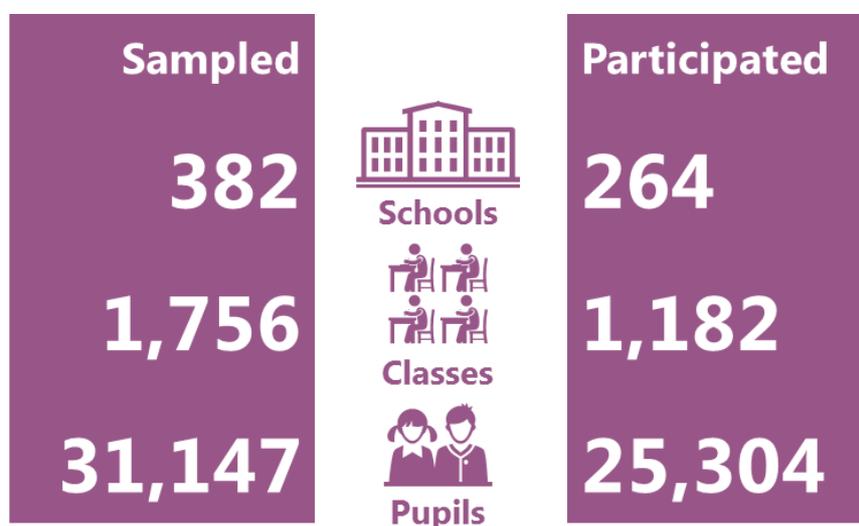
## Survey background and purpose

SALSUS is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey, known as SALSUS.

## About the survey

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past the survey has been completed on paper, but in 2015 half of the sample completed the survey online. Fieldwork was undertaken between September 2015 and January 2016.

Figure 1 Numbers sampled and participated



The overall response rate was **53%** based on class and pupil response rate<sup>1</sup>.

*For full details of the methodology please see the accompanying SALSUS 2015 Technical Report.*

<sup>1</sup> The overall response rate excludes schools who took part in the Realigning Children's Services Survey. For more details, please see the SALSUS 2015 Technical Report

## Key findings

### Prevalence and key trends

- 3% of 13 year olds and 11% of 15 year olds reported using drugs in the last month.
- Drug use in the last month has been gradually decreasing since 2002. However, between 2013 and 2015, there has been a small increase in the proportion of 15 year old boys who took drugs in the month prior to the survey (13% in 2015, compared with 11% in 2013).
- Cannabis was the most widely used drug; 17% of 15 year olds had ever used cannabis. 5% of 15 year olds had ever taken ecstasy, 5% had ever taken any form of NPS and 4% had ever taken cocaine.
- 27% of 13 year olds and 40% of 15 year olds had been drinking alcohol the last time they had used drugs and 16% of all pupils had used more than one drug (polydrug use) the last time they had used drugs.
- 43% of 15 year olds and 35% of 13 year olds who had ever taken drugs had experienced at least one negative effect as a result (in the last year). The most common effects were having an argument, vomiting, doing something they later regretted and (among 15 year olds) trying other drugs for the first time.
- It was most common for pupils to have used drugs out in the street or in someone else's home.

### Sources and availability

- 19% of 13 year olds and 42% of 15 year olds have ever been offered drugs. There has been an increase in the proportion who have ever been offered drugs between 2013 and 2015 (from 14% to 19% among 13 year olds and from 37% to 42% among 15 year olds).
- 15 year old pupils were most commonly offered cannabis. 37% of all 15 year olds had been offered cannabis, 17% had been offered ecstasy and 11% had been offered cocaine. 13% of 15 year olds had been offered some form of NPS.
- The most notable change over time has been in the proportion who have ever been offered ecstasy, which has increased from 9% in 2013 to 17% in 2015.
- It was most common for pupils who had ever taken drugs to get them from friends (friends of the same age or older).

### Attitudes to drugs

- Almost a quarter (24%) of 15 year olds thought that it was 'ok' for someone of their age to try cannabis, while 6% thought it was 'ok' to try cocaine and 7% thought that it was 'ok' for someone their age to try sniffing glue.

# Acknowledgements

First and foremost, we would like to thank all of the pupils who participated in the 2015 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

We would also like to thank the schools that participated and, in particular, the teachers who organised and administered the survey. In addition, we would like to thank individuals from Alcohol and Drug Partnerships (ADPs) and Education departments within local authorities who encouraged schools to take part.

We are grateful to the SALSUS steering group for their help and guidance over the life of the project, and in particular to Justine Geyer and Emma McCallum for their support throughout.

Finally, we would like to acknowledge the contributions of many Ipsos MORI colleagues, in particular: Chris Martin, Steven Hope, David Myers, Yinka Oluwi and Anna Sperati.

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# 1 Introduction and background

This report presents the drug use findings from the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey. The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

## Survey background

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey known as SALSUS.

## Survey purpose

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

The survey series also provides local prevalence rates for smoking, drinking and drug use across Alcohol and Drug Partnerships (ADPs), local authorities and NHS Boards. SALSUS data are used in a number of the ADP national core indicators, which allows the ADPs to monitor their progress against a common set of outcomes. ADPs and their community planning partners make extensive use of SALSUS data in local needs assessments and in developing their strategic priorities.

## Policy background

*'The Road to Recovery'*<sup>2</sup> outlines the Scottish Government's national performance framework for drug prevention and rehabilitation, embedded within an understanding of social exclusion and health inequality. The framework promotes the concept of recovery among service users and providers, and seeks to integrate a range of drug treatment and rehabilitation services. The strategy stresses preventative action in families, specifying the need to educate children about drug use through Curriculum for Excellence, the schools based substance use education resource 'Choices for Life', and the drug prevention campaign 'Know the Score'. Additionally, the framework seeks to reduce waiting times for referral to services for drug related problems within three weeks under the Scottish Government's Local Delivery Plan (LDP) standard.

*'The Road to Recovery'* is delivered by 30 ADPs alongside a number of initiatives and partner organisations including the Scottish Recovery Consortium, which is a nationally commissioned organisation that supports recovery from problem drug use. Scottish Government officials are currently making arrangements with a range of partners and experts to support the *'The Road to Recovery'* going forward, and who will work in collaboration with Scottish Government to help further deliver the strategy.

In 2014, the Scottish Government began a programme of work to strengthen the evidence base on new psychoactive substances (NPS), supported by an NPS Evidence Group. This group was composed of stakeholders from academia, health, enforcement and the third sector (amongst others). As part of this work the Scottish Government commissioned research to identify the prevalence and harms of NPS use among vulnerable groups in Scotland, due to be published in late 2016.

The Scottish Government also worked closely with the Home Office to implement the Psychoactive Substances Act 2016, which was introduced on 26 May 2016. This legislation creates offences to tackle the sale and supply of psychoactive substances.

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<sup>2</sup> <http://www.gov.scot/Resource/Doc/224480/0060586.pdf>

## Methods

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past, the survey has been completed on paper, but for the first time in the 2015 wave, half of the sample completed the survey online<sup>3</sup>.

A random, nationally representative sample of S2 and S4 pupils in school was selected with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools.

Fieldwork was completed between September 2015 and January 2016. A total of 13,607 S2 and 11,697 S4 pupils responded.

Throughout the report, pupils in S2 are referred to as '13 year olds' and S4 pupils are referred to as '15 year olds' for ease. It should be borne in mind that some pupils within these categories may be slightly older or younger.

Some pupils did not answer each question. Where answers are missing, these have been excluded from the analysis and so charts and tables that describe the same population may have varying bases. When differences between estimates are specifically commented on in the report, these differences are statistically significant to the level of 0.05.

Percentages may not add up to 100% due to rounding.

Robust subgroup analyses are not possible for 13 year olds who used drugs in the last month as the base size is now so low, hence limited comparisons, such as gender differences are presented.

For full details of the methodology, please see the SALSUS 2015 Technical Report<sup>4</sup>.

Finally, it is important to note that, while there are associations between many of the behaviours explored in this report, conclusions about causality cannot be drawn.

## Changes to the questionnaire

Eight new drug use questions were added and changes were made to three existing drug use questions. No questions were removed. For detail on drugs question changes see Appendix A. For further details on other question changes and survey methodology see the SALSUS 2015 Technical Report and full 2015 Questionnaire<sup>5</sup>.

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<sup>3</sup> Please see the SALSUS Mode Effect report for more detail at:

<http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

<sup>4</sup> The SALSUS 2015 Technical Report can be found at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

<sup>5</sup> SALSUS 2015 Questionnaire is available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

## 2 Prevalence and key trends

### Summary of key changes over time

While drug use prevalence has remained stable between 2013 and 2015, with the exception of 15 year old boys, there appears to have been an increase in the availability of drugs since the last wave of the survey. There have been increases in the proportion of pupils who have been offered drugs and the proportion who say they would find it easy to obtain drugs if they wanted to.

**Figure 2.1 Summary of trends in drug use between 2013 and 2015**

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
USED DRUGS IN THE LAST MONTH	↔	↔	↑	↔
EVER BEEN OFFERED DRUGS	↑	↑	↑	↑
EASE OF OBTAINING DRUGS	↑	↑	↑	↑

## Drug use prevalence

Pupils were provided with a list of drugs (including their commonly used street names) and asked if they had used each of them 'in the last month', 'in the last year', 'more than a year ago' or 'never'. This information was used to create an overall measure of any drug use 'in the last month', 'in the last year' (including in the last month), 'ever' (including in the last month and last year) and 'never'.

### 2015 FIGURES

3% of 13 year olds and 11% of 15 year olds reported using drugs in the last month (Figure 2.2). Most pupils have *never* used drugs at all (Figure 2.3).

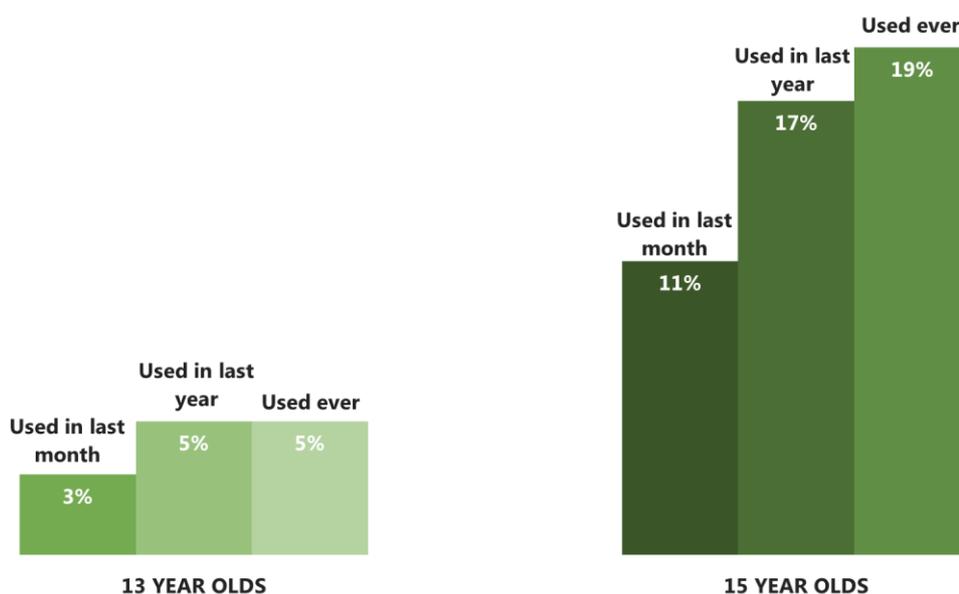
### TRENDS OVER TIME

Drug use in the last month has been gradually decreasing since 2002. However, between 2013 and 2015, there has been a small increase in the proportion of 15 year old boys who took drugs in the month prior to the survey (from 11% in 2013 to 13% in 2015). Drug use among 13 year olds and 15 year old girls has remained stable.

### GENDER DIFFERENCES

15 year old boys were more likely than 15 year old girls to have used drugs in the last month. There were no differences between 13 year old boys and girls (Figure 2.4).

Figure 2.2 Use of drugs in the last month, last year or ever, by age (2015)



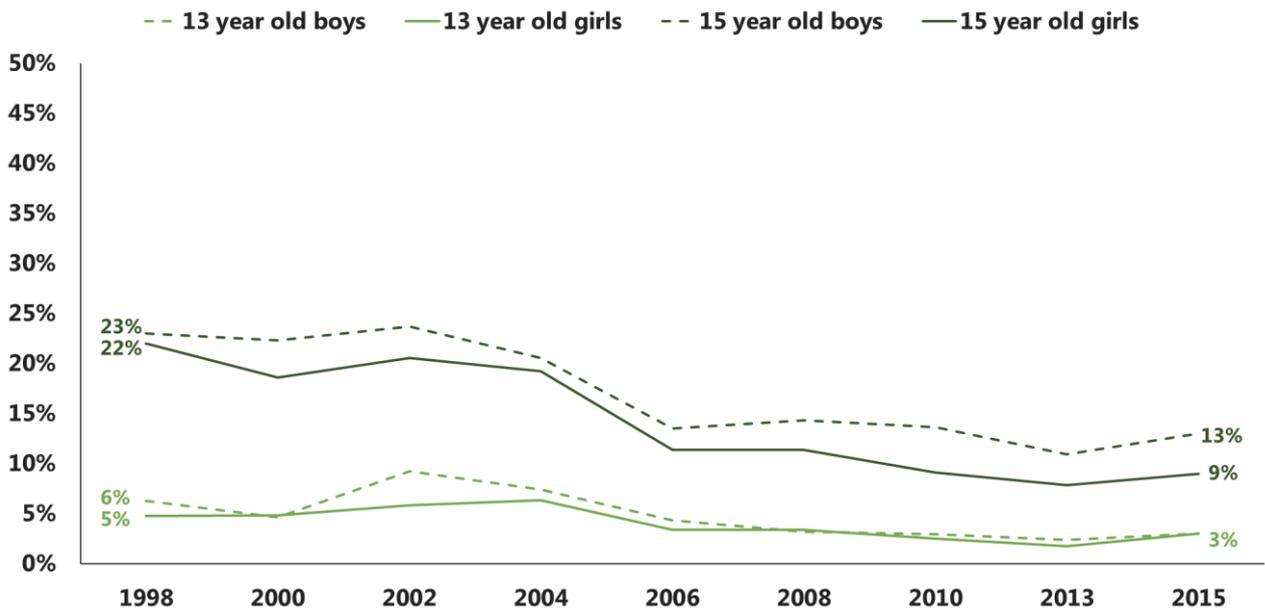
Base: all 13 year olds (12,903), all 15 year olds (11,144)

**Figure 2.3 Proportion of pupils who have never used drugs, by sex and age (2015)**



Base: all 13 year olds (12,903), all 15 year olds (11,144)

**Figure 2.4 Proportion of pupils who have used drugs in the last month, by sex and age (1998- 2015)**



Base: all pupils (for full base sizes please see Appendix B)

## Type of drugs used

As previously noted, pupils were asked about use of a list of drugs. In the past decade, New Psychoactive Substances (NPS), sometimes mistakenly known as 'legal highs', have become of increasing concern. These are drugs which are designed to replicate the effects of illegal substances.

Questions on the use of individual NPS have been included in the 2010 and 2013 waves of SALSUS, although the specific substances asked about have changed over time. This is in part due to the changing nature of the drugs (the chemical formulas used have changed over time as have the names). Also a number of drugs that were once categorised as NPS have been classified as illicit drugs over the years. It is, therefore, not possible to make comparisons between reported use of NPS in the 2015 survey and the 2013 survey. For a full list of the drugs categorised as NPS please see Appendix C.

This section focuses on **15 year olds** as use of any drugs among 13 year olds is so low.

### 2015 FIGURES

Cannabis was the most widely used drug; 10% of 15 year olds had used cannabis in the last month and 17% had used it ever (Figure 2.5). The use of NPS was low, particularly in comparison with cannabis.

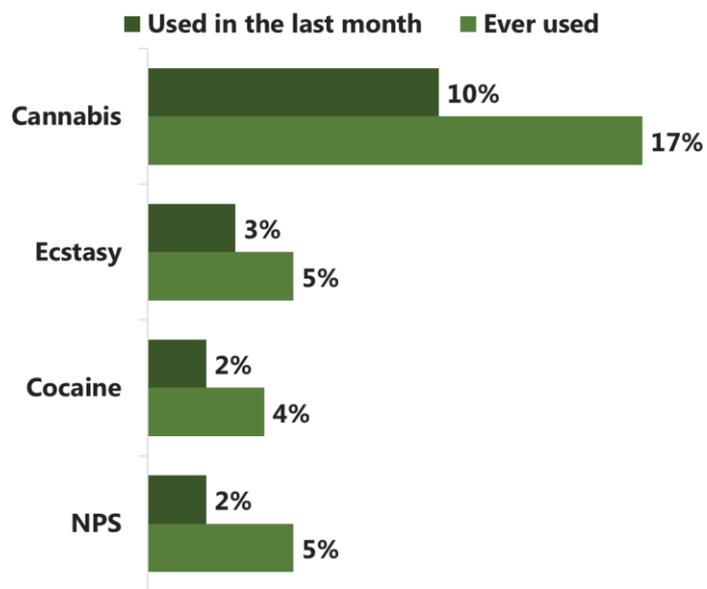
### TRENDS OVER TIME

There have been no changes in the proportion of pupils using the drugs in Figure 2.5 in the last month. However, there has been an increase in the proportion of pupils who say they have ever taken ecstasy (5% in 2015, compared with 2% in 2013) or cocaine (4% in 2015, compared with 2% in 2013).

### GENDER DIFFERENCES

15 year old boys were more likely than 15 year old girls to have taken each of the individual drugs in Figure 2.5 in the last month (with the exception of ecstasy where use was similar).

**Figure 2.5 Types of drugs used in the last month and ever, among 15 year olds**  
Q. *When was the last time you ever used or took any of the following...?*



Base: all 15 year olds pupils (11,114)

## Alcohol use and drugs

### 2015 FIGURES

Among pupils who have ever used drugs, 27% of 13 year olds and 40% of 15 year olds had been drinking alcohol the last time they had used drugs.

### TRENDS OVER TIME

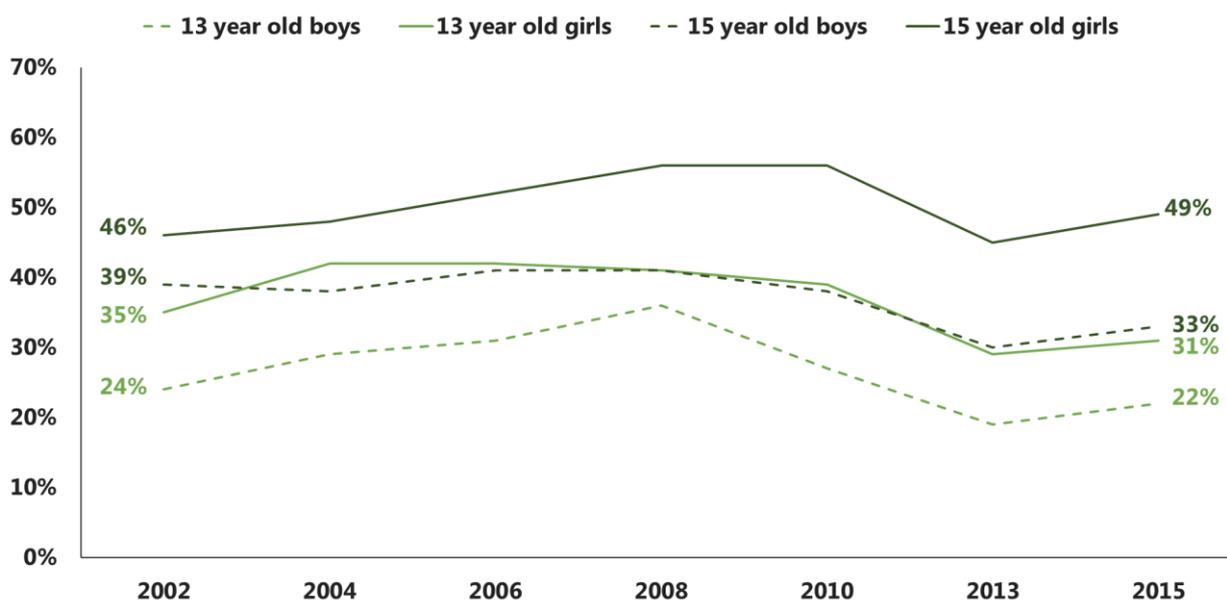
After a substantial decrease in the simultaneous use of alcohol and drugs between 2008/2010 and 2013, there has been a slight increase across both age groups and genders between 2013 and 2015 (Figure 2.6).

### GENDER DIFFERENCES

Among both age groups, girls were much more likely than boys to have been drinking the last time that they used drugs.

**Figure 2.6 Proportion of pupils who were drinking alcohol the last time they used drugs, by sex and age (2002-2015)**

Q. The last time you used drugs, were you also drinking alcohol?



Base: pupils who have ever used drugs (for full base sizes please see Appendix B)

## Polydrug use

### 2015 FIGURES

Among both 13 and 15 year olds, 16% of pupils had used more than one drug (polydrug use) the last time they had used drugs (Figure 2.7).

### TRENDS OVER TIME

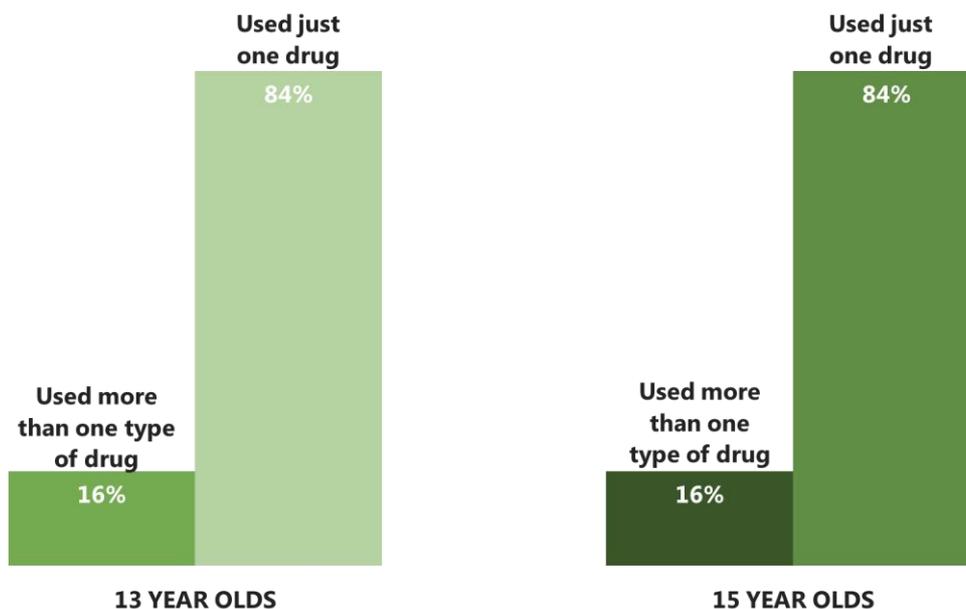
The proportion of 15 year olds who had used more than one type of drug the last time they used drugs has increased since 2013 (11% in 2013, compared with 16% in 2015). There has been no change over time among 13 year olds.

### GENDER DIFFERENCES

15 year old boys were more likely than 15 year old girls to have taken more than one type of drug the last time they used drugs (18% of 15 year olds boys, compared with 13% of 15 year old girls). There were no statistically significant differences between 13 year old boys and girls.

**Figure 2.7 Proportion of pupils who used more than one drug the last time they used drugs, by sex and age (2015)**

*Q. The last time you used drugs, did you use more than one type of drug?*



Base: 13 year olds who have ever used drugs (571), 15 year olds who have ever used drugs (1,881)

## Effects of drug use

**2015 FIGURES** 43% of 15 year olds and 35% of 13 year olds who had ever taken drugs had experienced at least one negative effect as a result (in the last year).

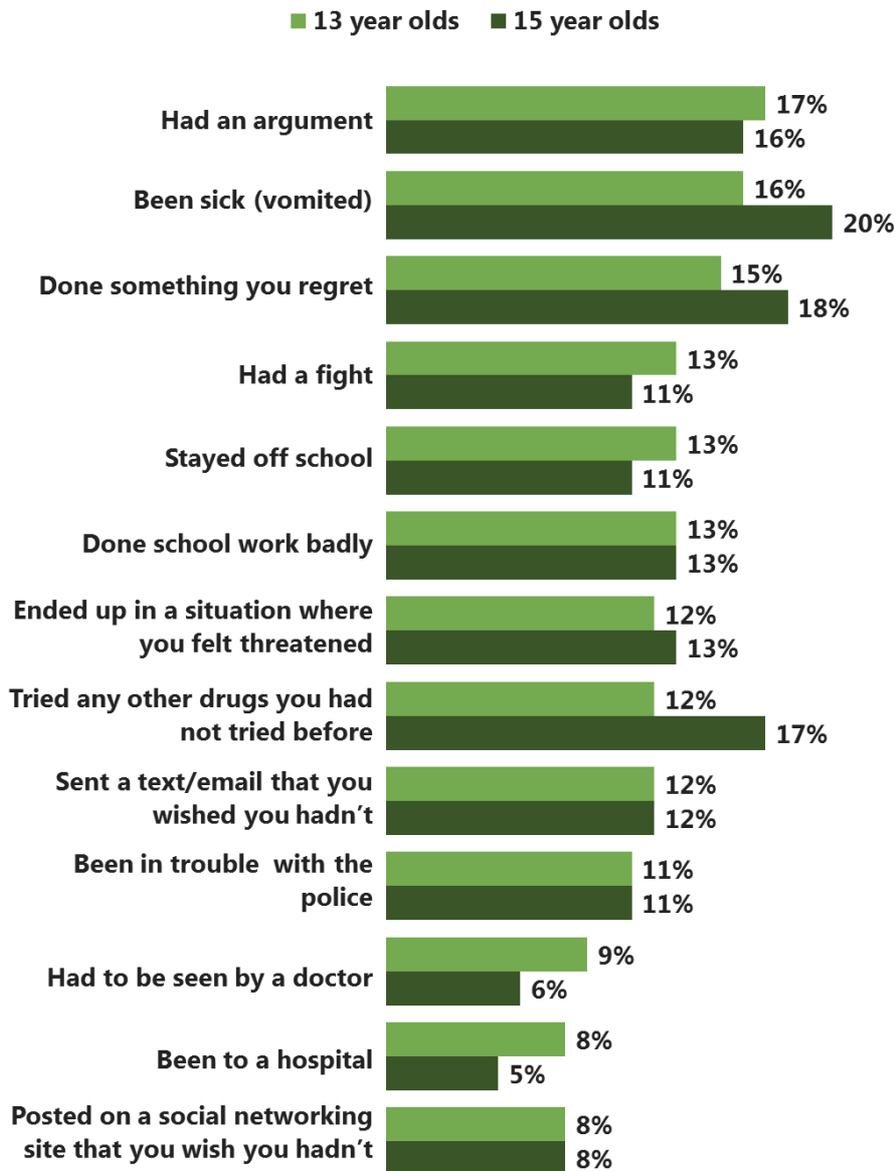
The most common effects were having an argument, vomiting, doing something they later regretted and (among 15 year olds) trying other drugs for the first time (Figure 2.8).

**TRENDS OVER TIME** There was no change in the proportion of pupils who had experienced negative consequences as a result of using drugs.

**GENDER DIFFERENCES** There were no gender differences in the proportion who experienced any negative effects of using drugs although there were differences by gender in the effects experienced. Boys who had ever used drugs were more likely than girls who had ever used drugs to have had a fight (13% of boys, compared with 8% of girls) or have been in trouble with the police (13% of boys, compared with 9% of girls). Girls were more likely to have been sick (21% of girls, compared with 17% of boys), sent a text/email that they wish they hadn't (13% of girls, compared with 10% of boys) and to have done something they later regretted (19% of girls, compared with 16% of boys).

**Figure 2.8 Proportion of those who have ever used drugs who experienced negative effects as a result (2015)**

Q. In the past year, as a result of taking drugs have you...?



Base: 13 year olds who have ever used drugs (631), 15 year olds who have ever used drugs (1,958)

## Location of drug use

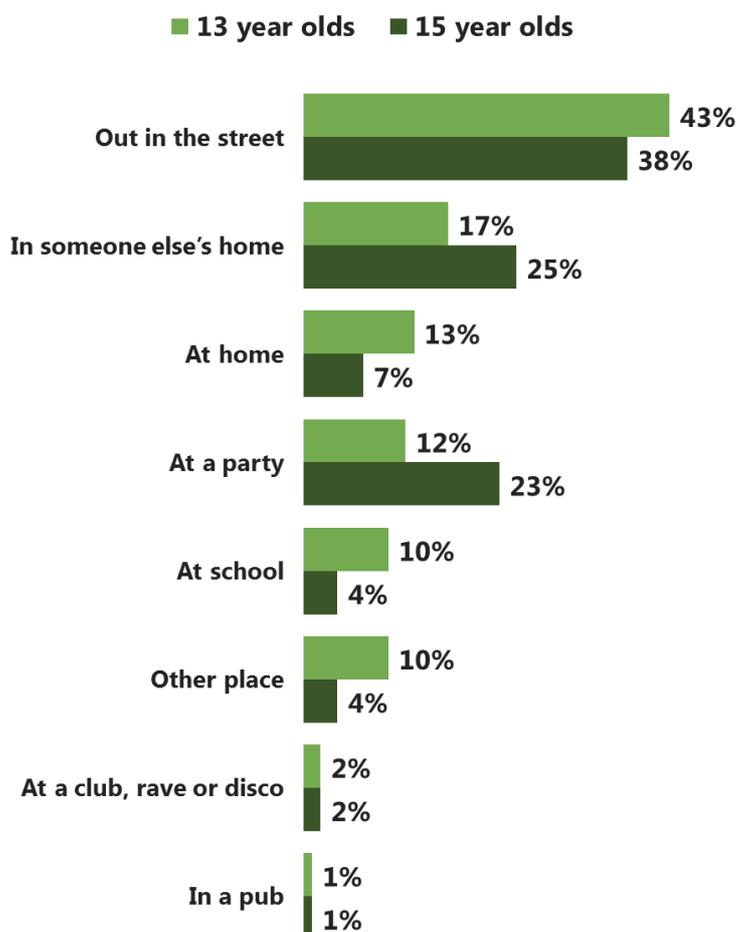
**2015 FIGURES** Among both age groups, it was most common for pupils to have used drugs out in the street. The second most common location for drug use was in someone else's home (Figure 2.9).

**TRENDS OVER TIME** There were very few changes in the proportion of pupils who reported using drugs in the various locations. There were two exceptions: the proportion of 13 year olds who reported that they last took drugs at home has decreased (22% in 2013, compared with 13% in 2015) and the proportion of 15 year olds who last took drugs at someone else's home has decreased (31% in 2013, compared with 25% in 2015).

**GENDER DIFFERENCES** Among both age groups, boys were more likely than girls to have taken drugs out in the street (45% of boys, compared with 32% of girls). Girls were more likely than boys to have taken drugs in someone else's home (18% of boys, compared with 31% of girls).

**Figure 2.9 Location of last drug use, by sex and age (2015)**

Q. Where were you the last time you used drugs?



Base: 13 year olds who have ever used drugs (498), 15 year olds who have ever used drugs (1,775)

## What pupils did with their drugs (used, sold, given away)

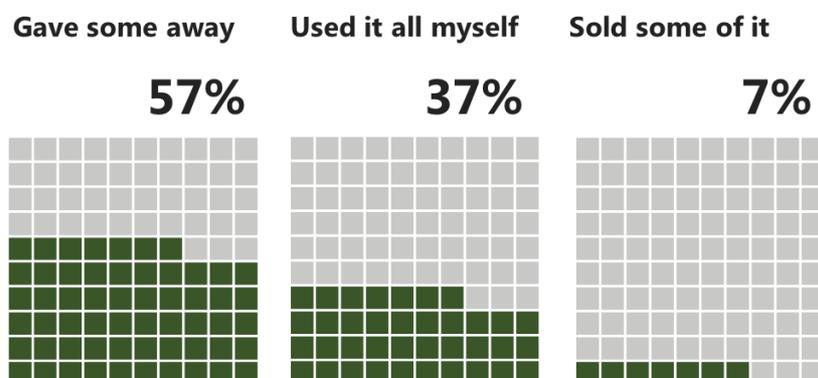
**2015 FIGURES** Over half of 13 year olds (54%) and 15 year olds (57%) gave some of their drugs to someone else, while over a third (36% of 13 year olds and 37% of 15 year olds) used it all themselves. Only a small proportion sold some of their drugs, although this was higher among 13 year olds (12%) than 15 year olds (7%).

**TRENDS OVER TIME** Among 13 year olds, there has been an increase in the proportion who said they gave some of their drugs away (47% in 2013, compared with 54% in 2015) and a corresponding reduction in the proportion who used it all themselves (43% in 2013, compared with 36% in 2015). Among 15 year olds there has been no change between 2013 and 2015.

**GENDER DIFFERENCES** Among 15 year olds, boys were more likely than girls to use all of their drugs themselves (41% of 15 year olds boys, compared with 32% of 15 year old girls), whereas girls were more likely than boys to give some of their drugs away (52% of 15 year old boys, compared with 65% of 15 year old girls). There were no differences between 13 year old boys and girls.

**Figure 2.10** What 15 year old pupils did with their drugs on the last occasion that they used them (2015)

Q. The last time you used drugs, did you use them all yourself or did you sell or give some to someone else?



Base: 15 year olds who have ever used drugs (1,629)

## Would like to stop taking drugs

### 2015 FIGURES

46% of 15 year olds who had ever used drugs reported that they would like to stop using them (Figure 2.11). However, only 21% of 15 year olds who use drugs once a month or more would like to stop.

### TRENDS OVER TIME

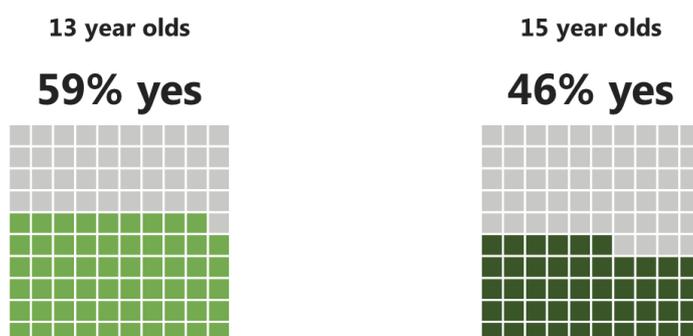
The proportion of 15 year olds who reported that they would like to stop using drugs has declined between 2013 and 2015 (51% in 2013, compared with 46% in 2015). There was no change among 13 year olds.

### GENDER DIFFERENCES

Among both age groups, girls were more likely than boys to want to stop taking drugs (56% of girls, compared with 44% of boys).

## Figure 2.11 Proportion of pupils who have ever taken drugs who would like to stop taking drugs by age (2015)

Q. Do you want to stop taking drugs?



Base: 13 year olds who have ever used drugs (428), 15 year olds who have ever used drugs (1,543)

## Need help due to drug use

### 2015 FIGURES

Only very small proportions of those who have used drugs felt that they needed help because of their use (8% of 13 year olds who have ever used drugs and 6% of 15 year olds who have ever used drugs).

### TRENDS OVER TIME

The proportion of pupils who use drugs who feel they need help has remained stable over time.

### GENDER DIFFERENCES

There were no differences in the proportion of boys and girls in either age group that thought they needed help due to drug use.

### 3 Availability of drugs

#### Ever been offered drugs

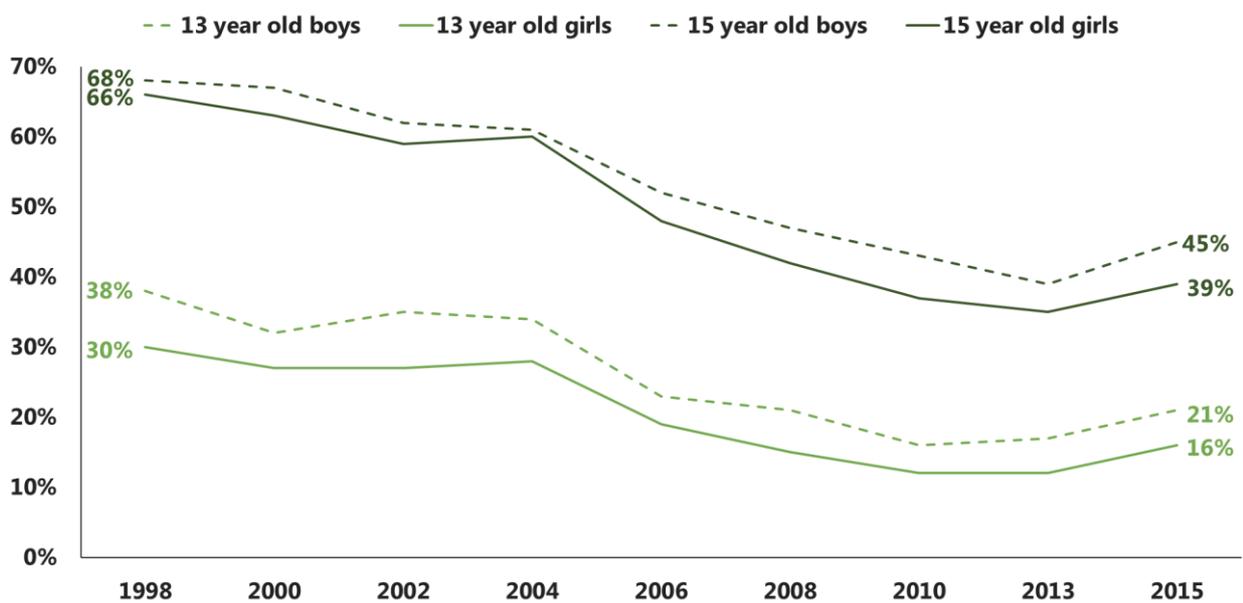
19% of 13 year olds and 42% of 15 year olds have ever been offered drugs.

Among both age groups, the proportion of pupils who had ever been offered drugs declined between 1998 and 2013. However, there has been an increase in the proportion who have ever been offered drugs between 2013 and 2015 (for example, 39% of 15 year old boys were offered drugs in 2013, compared with 45% in 2015) (Figure 3.1).

Among both age groups, boys were more likely than girls to have been offered drugs (Figure 3.1).

**Figure 3.1 Proportion of pupils ever offered drugs, by sex and age (1998-2015)**

Q. Have you ever been offered any of the following drugs?



Base: all pupils (for full base sizes please see Appendix B)

## Types of drugs ever offered

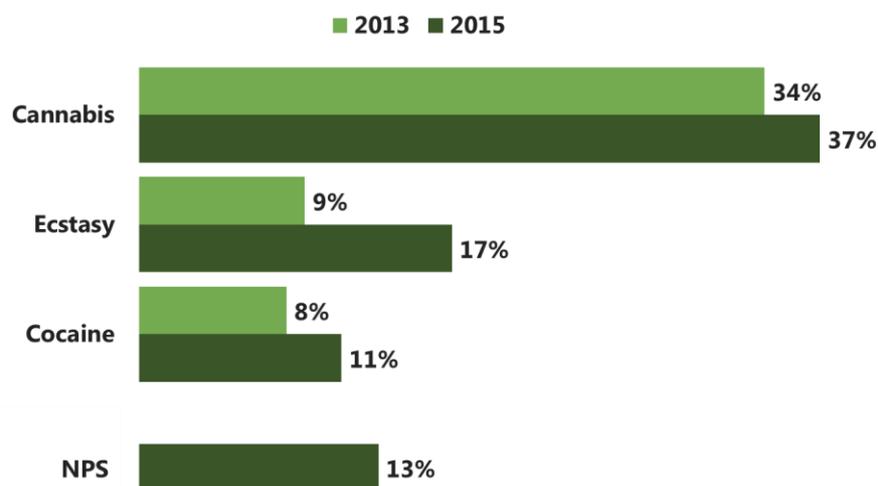
15 year old pupils were most commonly offered cannabis. 37% of all 15 year olds had been offered cannabis, 17% had been offered ecstasy and 11% had been offered cocaine (Figure 3.2). 13% of 15 year olds had been offered some form of New Psychoactive Substances (NPS).

There has been a small increase in the proportion of 15 year olds who have been offered cannabis (34% in 2013, compared with 37% in 2015) and cocaine (8% in 2013, compared with 11% in 2015). However, the most notable increase has been in the proportion who have ever been offered ecstasy, which has increased from 9% in 2013 to 17% in 2015.

15 year old boys were more likely than 15 year old girls to have been offered cannabis: 40% of all boys had been offered cannabis, compared with 35% of all girls.

**Figure 3.2 Drugs offered to 15 year olds (2013-2015)<sup>6</sup>**

Q. Have you ever been offered any of the following drugs?



Base: all 15 year old pupils (11,401)

<sup>6</sup> Questions on the use of individual NPS have been included in the 2010 and 2013 waves of SALSUS, although the specific substances asked about have changed over time. This is in part due to the changing nature of the drugs (the chemical formulas used have changed over time as have the names). Also a number of drugs that were once categorised as NPS have been classified as illicit drugs over the years. It is, therefore, not possible to make comparisons between reported use of NPS in the 2015 survey and the 2013 survey.

## Source of drugs

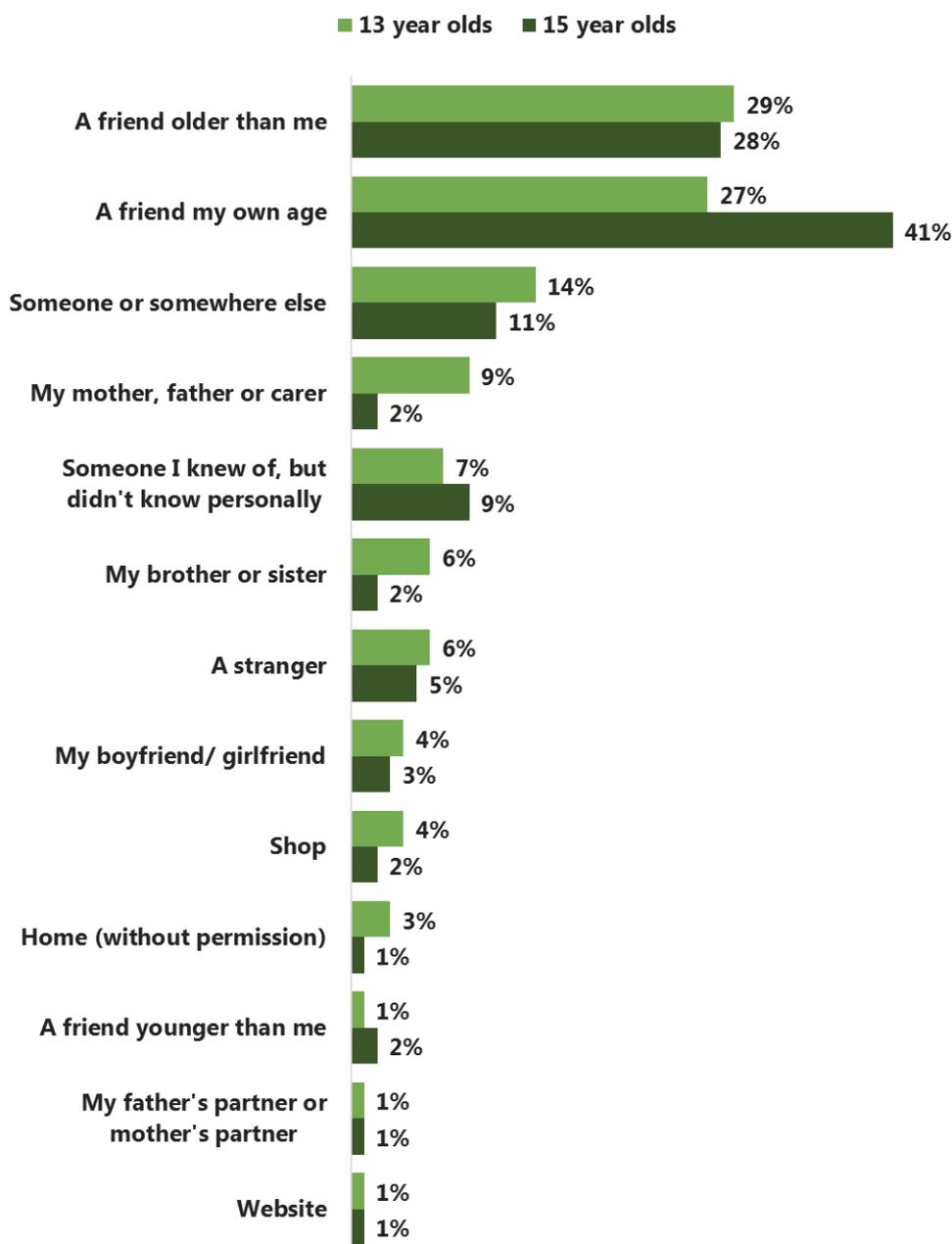
Among pupils who had ever taken drugs, it was most common to get them from friends (friends of the same age or older) (Figure 3.3).

There has been no change in the sources of drugs since 2013.

Girls were more likely than boys to get drugs from an older friend (33% of girls, compared with 24% of boys) or from their boyfriend/girlfriend (6% of girls, compared with 1% of boys).

**Figure 3.3 Source of drugs, by age (2015)**

Q. The last time you used drugs, how did you get them?



Base: 13 year olds who have ever used drugs (477), 15 year olds who have ever used drugs (1,610)

## Ease of obtaining drugs

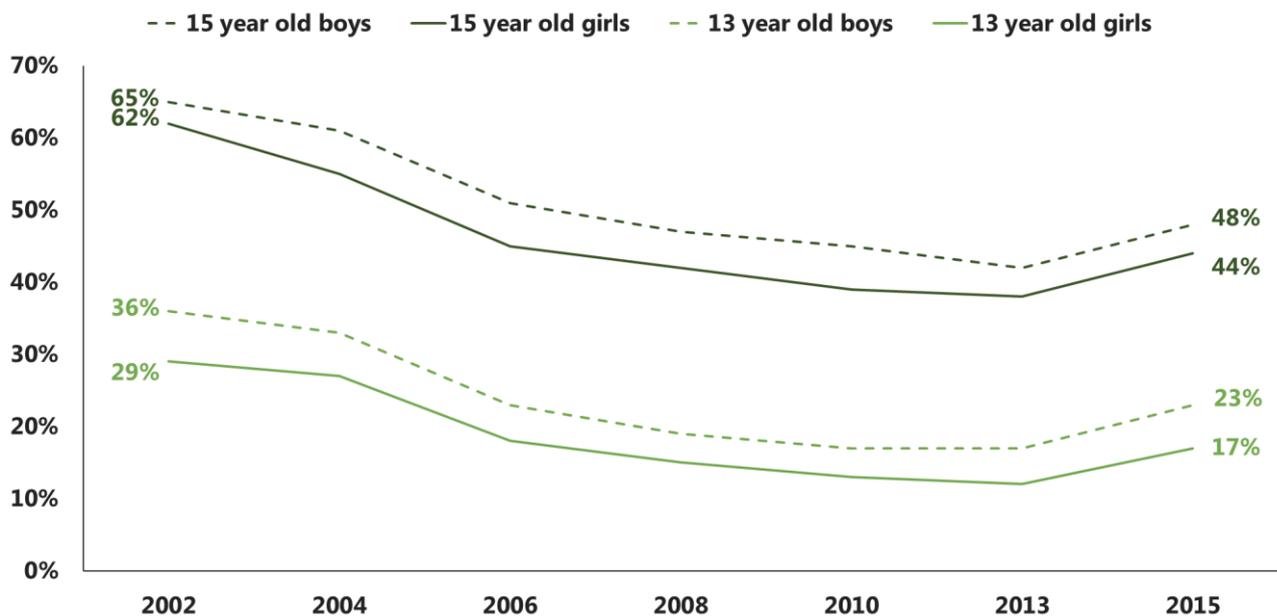
20% of 13 year olds and 46% of 15 year olds thought it would be 'very' or 'fairly' easy to get drugs if they wanted to.

The proportion of pupils who thought it was 'very' or 'fairly' easy to get drugs had been decreasing gradually over time. However, there has been an increase among all groups between 2013 and 2015 (for example, 17% of 13 year olds boys thought it would be 'fairly' or 'very' easy to get drugs in 2013, compared with 23% in 2015) (Figure 3.4).

Among both age groups, boys were more likely than girls to think it would be 'very' or 'fairly' easy to get illegal drugs if they wanted to.

**Figure 3.4 Proportion of pupils who think it would be very or fairly easy to get drugs, by age and sex (2002-2015)**

Q. How easy would it be for you to get illegal drugs if you wanted to?



Base: all pupils (for full base sizes please see Appendix B)

## 4 Attitudes to drug use

### Views on the acceptability of trying cannabis, cocaine and sniffing glue

#### Cannabis

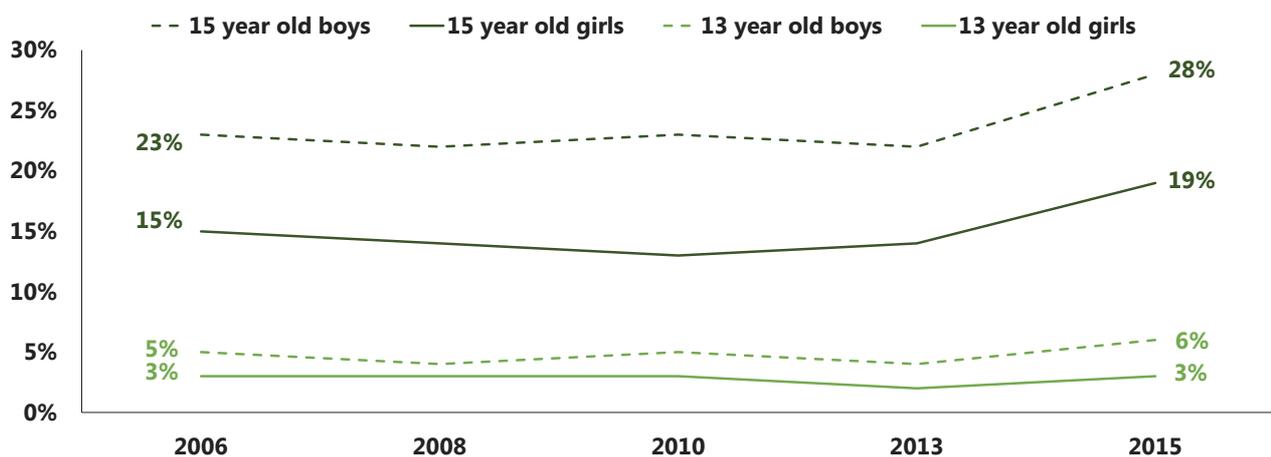
Almost a quarter (24%) of 15 year olds thought that it was “ok” for someone of their age to try cannabis, while only 5% of 13 year olds thought this.

Among 15 year olds, the acceptability of trying cannabis has increased since 2013 (when 18% thought it was “ok”). There have been no statistically significant changes among 13 year olds.

Among both age groups, boys were more likely than girls to think that trying cannabis was acceptable (Figure 4.1).

**Figure 4.1 Acceptability of trying cannabis (2006-2015)**

Q. Do you think it is ok for someone your age to try cannabis to see what it is like?



Base: all pupils (for full base sizes please see Appendix B)

#### Cocaine

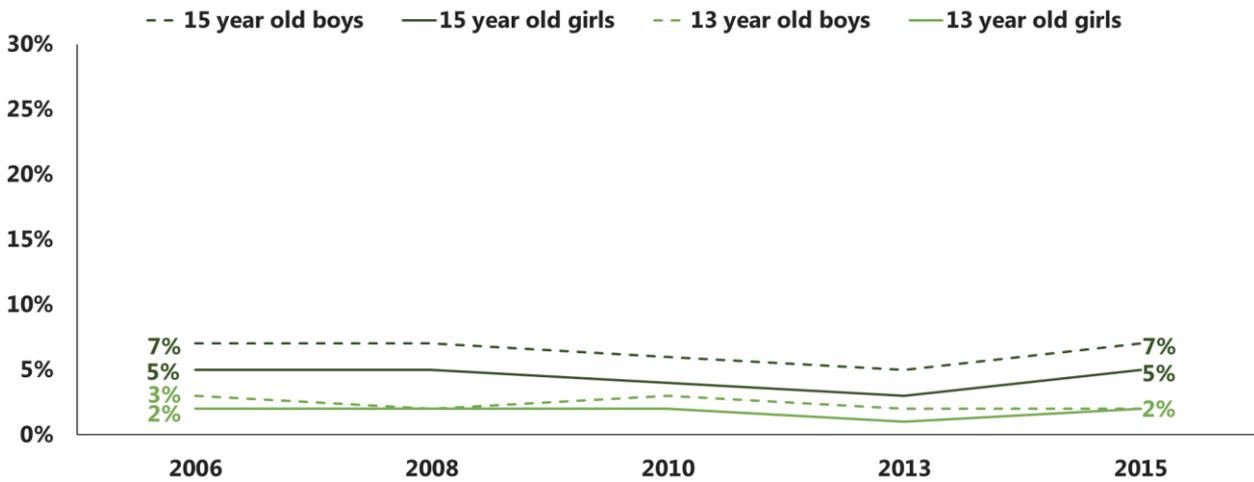
Only 2% of 13 year olds thought it was “ok” for someone of their age to try cocaine, while 6% of 15 year olds thought this was acceptable.

There have been no statistically significant changes over time.

There were no statistically significant differences by gender (Figure 4.2).

**Figure 4.2 Acceptability of trying cocaine (2006-2015)**

Q. Do you think it is ok for someone your age to try cocaine to see what it is like?



Base: all pupils (for full base sizes please see Appendix B)

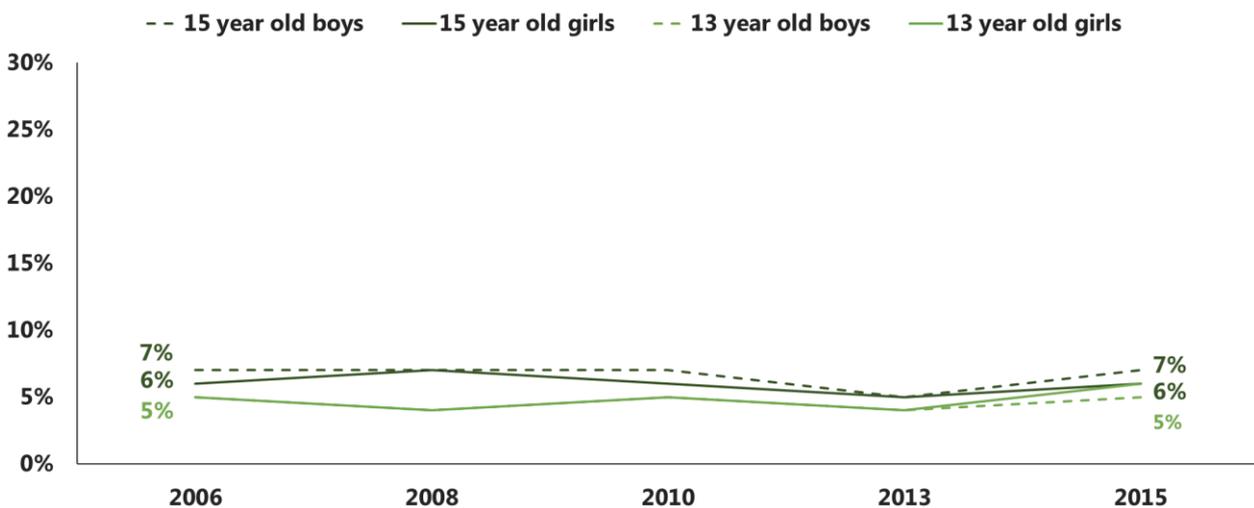
### Sniffing Glue

6% of 13 year olds and 7% of 15 year olds thought that it was “ok” for someone their age to try sniffing glue.

There have been no statistically significant changes over time and there were also no statistically significant differences by gender (Figure 4.3).

**Figure 4.3 Acceptability of trying glue sniffing**

Q. Do you think it is ok for someone your age to try sniffing glue to see what it is like?



Base: all pupils (for full base sizes please see Appendix B)

## Perceptions of the risks of drug use

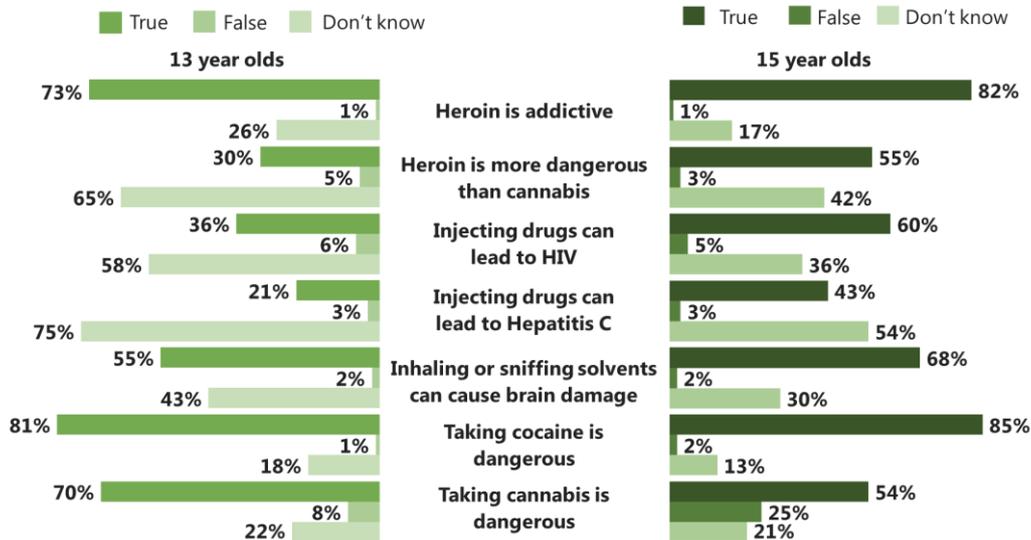
Pupils were most likely to think that the following statements about drugs were true: “taking cocaine is dangerous”, “heroin is addictive” and “inhaling or sniffing solvents can cause brain damage”.

For all but one of the statements, 15 year olds were more likely than 13 year olds to say that they were true. Thirteen year olds were also more likely to answer “don’t know” to all statements.

The only statement thought to be “true” by a higher proportion of 13 year olds than 15 year olds was “taking cannabis is dangerous.” A quarter of 15 year olds stated that this was “false” (a much higher proportion than for any other statement).

**Figure 4.4 Pupils’ perceptions of the risks of taking drugs, by age (2015)**

Q. Please read the following statements about drugs and say if you think they are true or false.



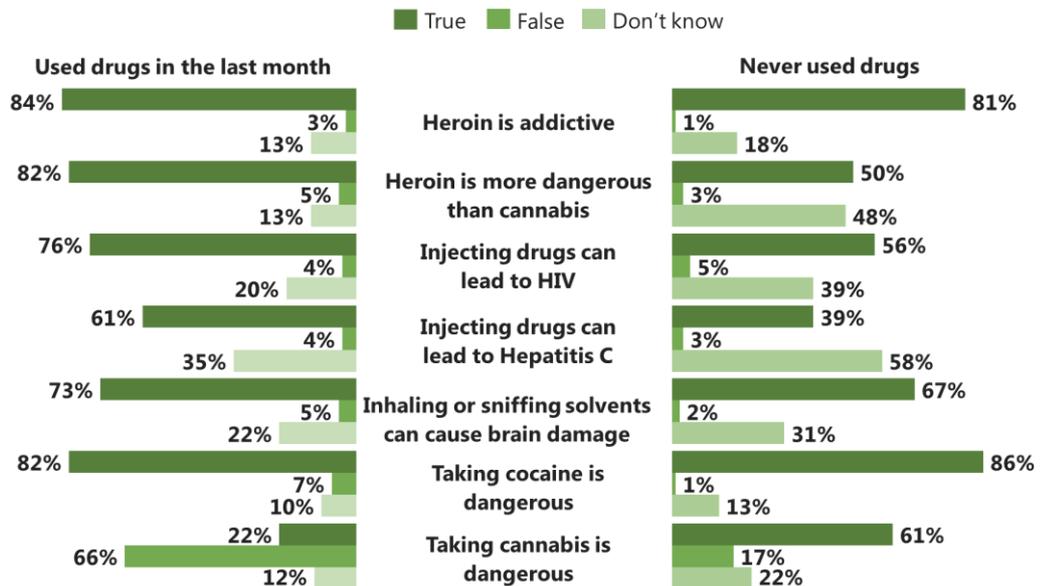
Base: all 13 year olds (13,607), all 15 year olds (11,697)

Pupils’ perceptions of the risks of taking drugs also varied depending on their drug use status. Pupils who had reported never using drugs were more likely than those who had used drugs within the last month to state they “don’t know” to all statements (Figure 4.5).

A higher proportion of recent users than those who have never used drugs, answered “true” to most statements. However, a much higher proportion (66%) compared with those who had never used drugs (17%) answered “false” to “taking cannabis is dangerous” (Figure 4.5). This is likely to reflect the fact that cannabis was the most commonly used drug among those who had used drugs in the last month.

**Figure 4.5 15 year old pupils' perceptions of the risks of taking drugs, by own drug use (2015)**

Q. Please read the following statements about drugs and say if you think they are true or false.

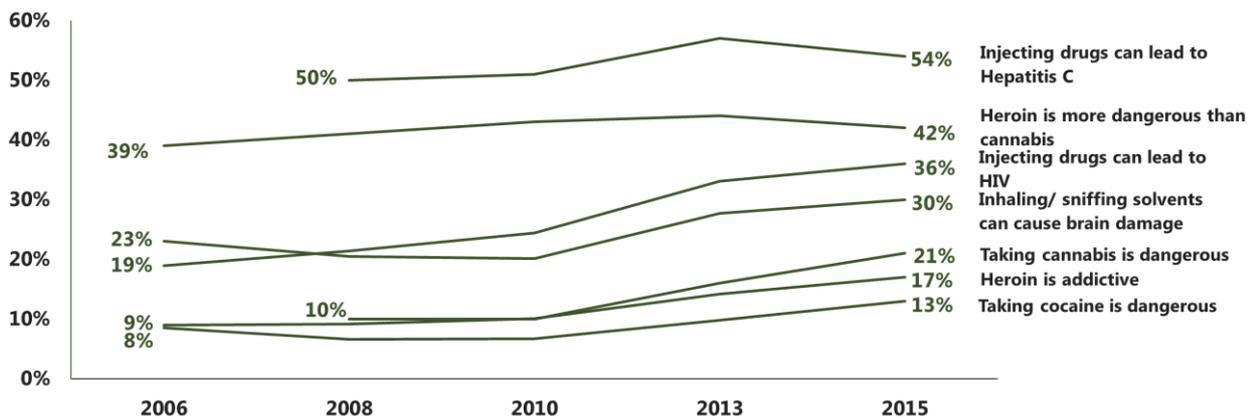


Base: 15 year old pupils who have used drugs in the last month (1,188), 15 year olds pupils who have never used drugs (9,186)

The proportion of pupils answering “don’t know” to statements has tended to increase over time, particularly since 2010 (Figure 4.6).

**Figure 4.6 15 year olds who “don’t know” if statements are true or false, (2006 to 2015)**

Q. Please read the following statements about drugs and say if you think they are true or false.



Base: all 15 year olds (for full base sizes please see Appendix B)

## Attitudes to drug taking

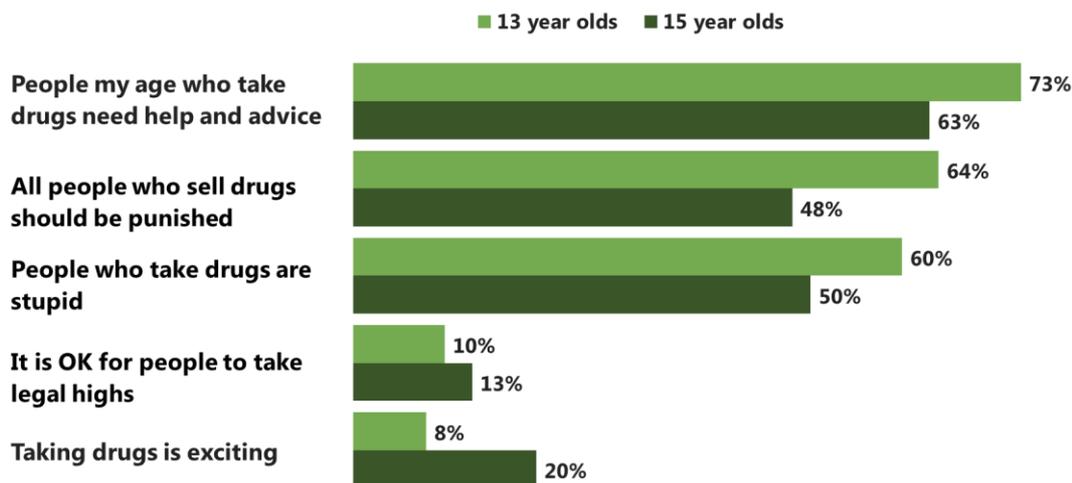
The majority of pupils agreed with the statements “people my age who take drugs need help and advice”, “all people who take drugs should be punished” and “people who take drugs are stupid”. The majority disagreed that “it’s OK for people to take legal highs” and “taking drugs is exciting” (Figure 4.7).

Some of the attitudes have seen a statistically significant change since 2013. The proportion of 15 year olds agreeing that “all people who sell drugs should be punished” has declined from 59% in 2013 to 48% in 2015. Similarly, the proportion of 15 year olds agreeing “people who take drugs are stupid” has decreased from 56% in 2013 to 50% in 2015. Trends among 13 year olds were similar.

Thirteen year olds had more negative attitudes towards drug taking than 15 year olds.

**Figure 4.7 Proportion of pupils agreeing with attitudes to drug taking statements, by age (2015)**

*Q. Please read the following statements and say if you agree or disagree.*

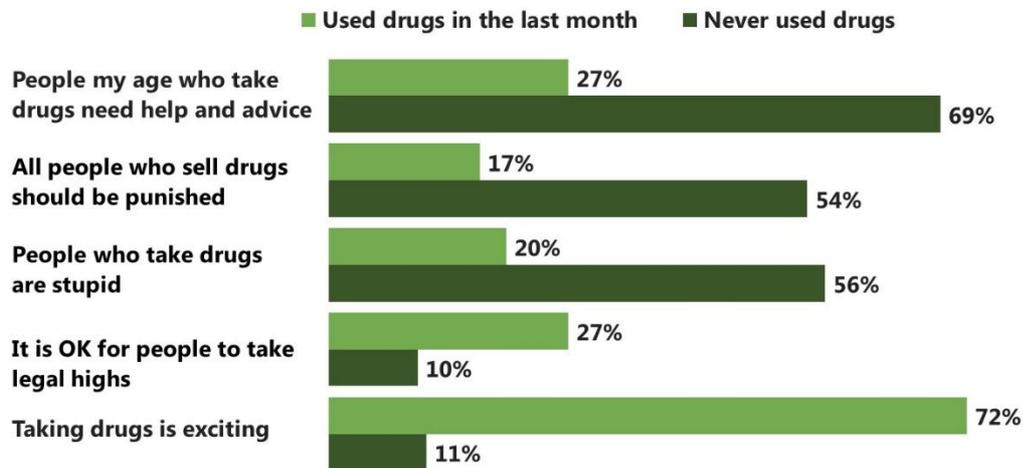


Base: all 13 year olds (12,720), all 15 year olds (11,028)

Pupils' attitudes towards drug taking varied greatly depending on their drug use status. Those who have never used drugs had much more negative views than those who have used drugs within the last month (Figure 4.8).

**Figure 4.8 15 year old pupils' attitudes to drug taking by drug use status (2015)**

*Q. Please read the following statements and say if you agree or disagree*



Base: 15 year old pupils who have used drugs in the last month (1,188), 15 year olds pupils who have never used drugs (9,186)

# 5 Drugs education and support

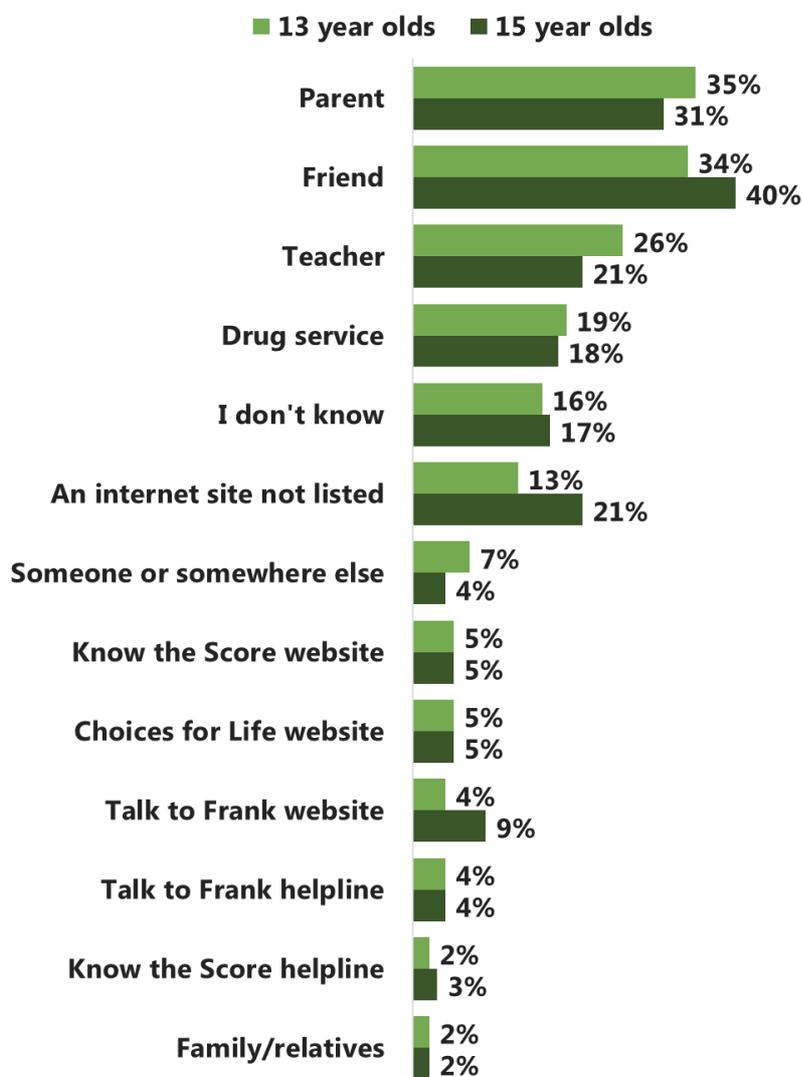
## Where pupils would go for drugs information

Pupils were most likely to say that they would go to either a friend or a parent if they wanted more information about drugs. 13 year olds were more likely than 15 year olds to go to a parent, whereas 15 year olds were more likely than 13 year olds to go to a friend (Figure 5.1).

Among both age groups, boys were more likely than girls to say that they would go to a parent (26% of boys, compared with 17% of girls) or teacher (36% of boys, compared with 27% of girls) for help.

**Figure 5.1 Where pupils would go if they wanted more information about drugs, by age (2015)**

Q. If you wanted information about drugs, who/where would you go to?



Base: 13 year olds who have ever used drugs (539), 15 year olds who have ever used drugs (1,736)

## Drugs education

15 year olds were more likely than 13 year olds to have received lessons, videos/DVDs or discussion in class about drugs (70% of 15 year olds, compared with 62% of 13 year olds).

Among 15 year olds, those who had received lessons were less likely than those who had not to have used drugs in the last month. 10% of 15 year olds who had received lessons had taken drugs in the last month, compared with 14% of 15 year olds who had not received lessons. There were no differences among 13 year olds.

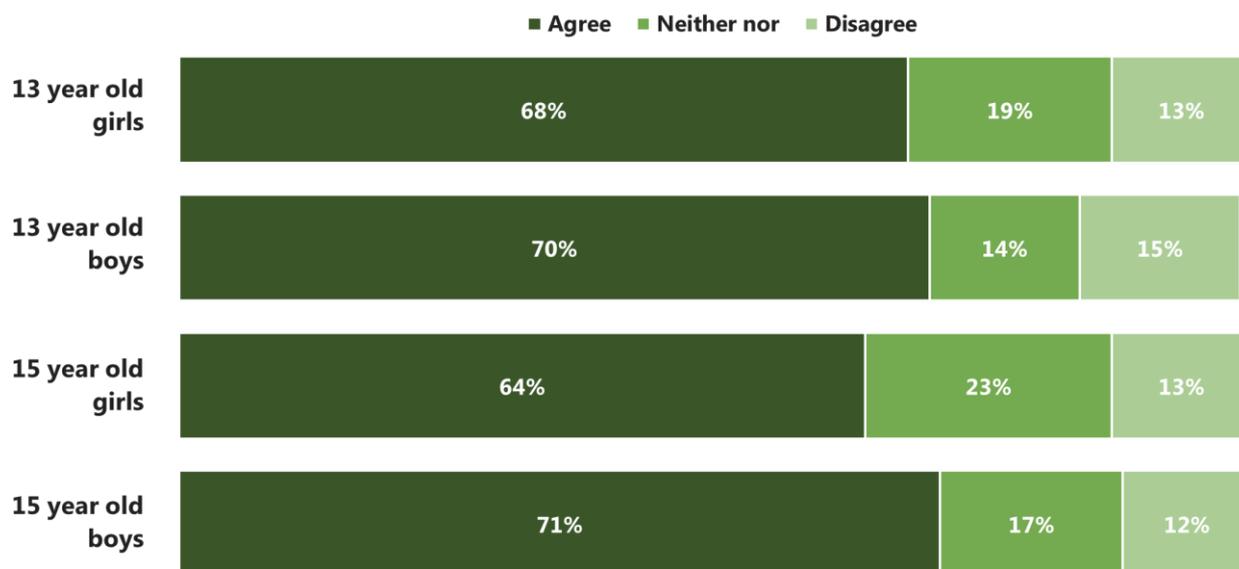
## School advice and support

The majority of pupils thought that their school was providing them with enough advice and support about taking drugs (69% of 13 year olds and 67% of 15 year olds).

While there were no statistically significant gender differences among 13 year olds, 15 year olds girls were less likely than 15 year old boys to agree that they received enough advice and support about taking drugs (Figure 5.2).

**Figure 5.2 Advice and support about using drugs, by age and sex (2015)**

Q. To what extent do you agree or disagree with the following statement? My school provides me with enough advice and support about...? Taking drugs

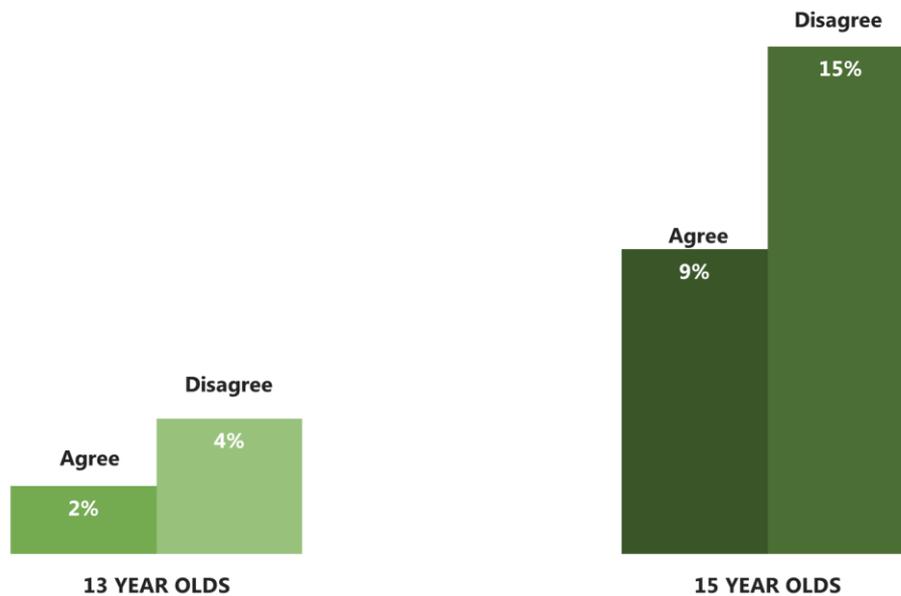


Base: 13 year old boys (5,375) 13 year old girls (5,590) 15 year old boys (5,799) 15 year olds girls (5,853)

Among both age groups, those that agreed that their school provided them with enough advice and support about taking drugs, were less likely to have used drugs in the last month (Figure 5.3).

**Figure 5.3 Proportion of pupils who took drugs in the last month by whether they agree that their school provides them with enough advice and support about taking drugs (2015)**

*Q. To what extent do you agree or disagree with the following statement? My school provides me with enough advice and support about...? Taking drugs*



Base: all pupils (for full base sizes please see Appendix B)

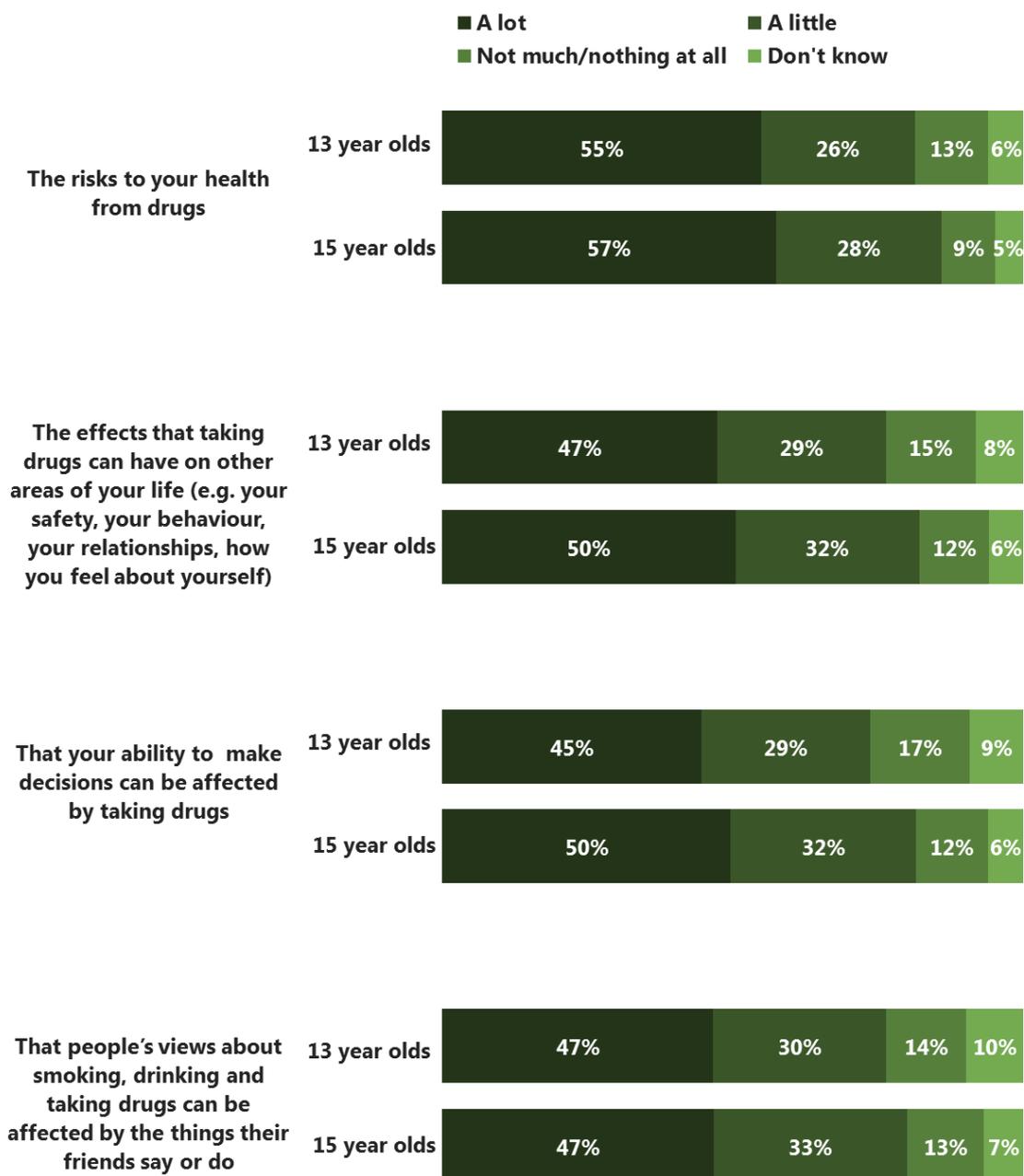
## Amount learned in school about drugs

Pupils were asked how much they had learned at school about a series of topics relating to drugs. Pupils in both age groups were most likely to say that they had learned ‘a lot’ about the risks to their health from drugs. However, around half said that they had learned ‘a lot’ about each of the topics (Figure 5.4).

Overall, boys were more likely to say that they learned a lot about each topic.

**Figure 5.4 Amount learned about drugs at school by age (2015)**

Q. In school, how much have you learned about the following?

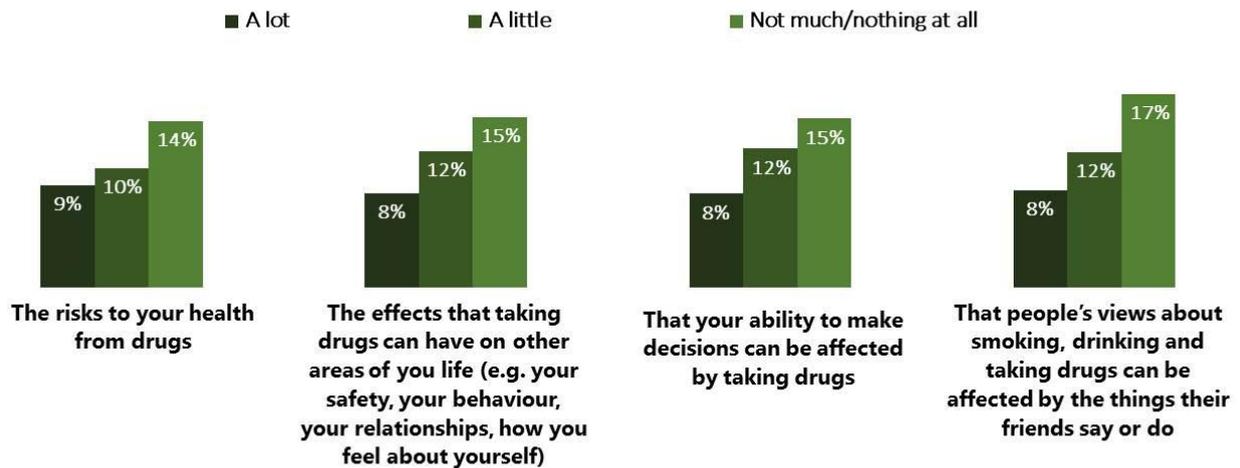


Base: all 13 year olds (11,244), all 15 year olds (11,863)

Across all four topics, those that said they had learned 'a little' or 'a lot' were less likely to have used drugs in the last month than those who learned 'not much or nothing at all' (Figure 5.5). This was the case for 13 and 15 year olds.

**Figure 5.5 Proportion of 15 year olds who took drugs in the last month, by how much they say they have learned about drug topics in school (2015)**

*Q. In school, how much have you learned about the following?*



Base: 15 year olds who learned a lot about drug topics, 15 year olds who learned a little, 15 year olds who learned not much/nothing at all (for full base sizes please see Appendix B)

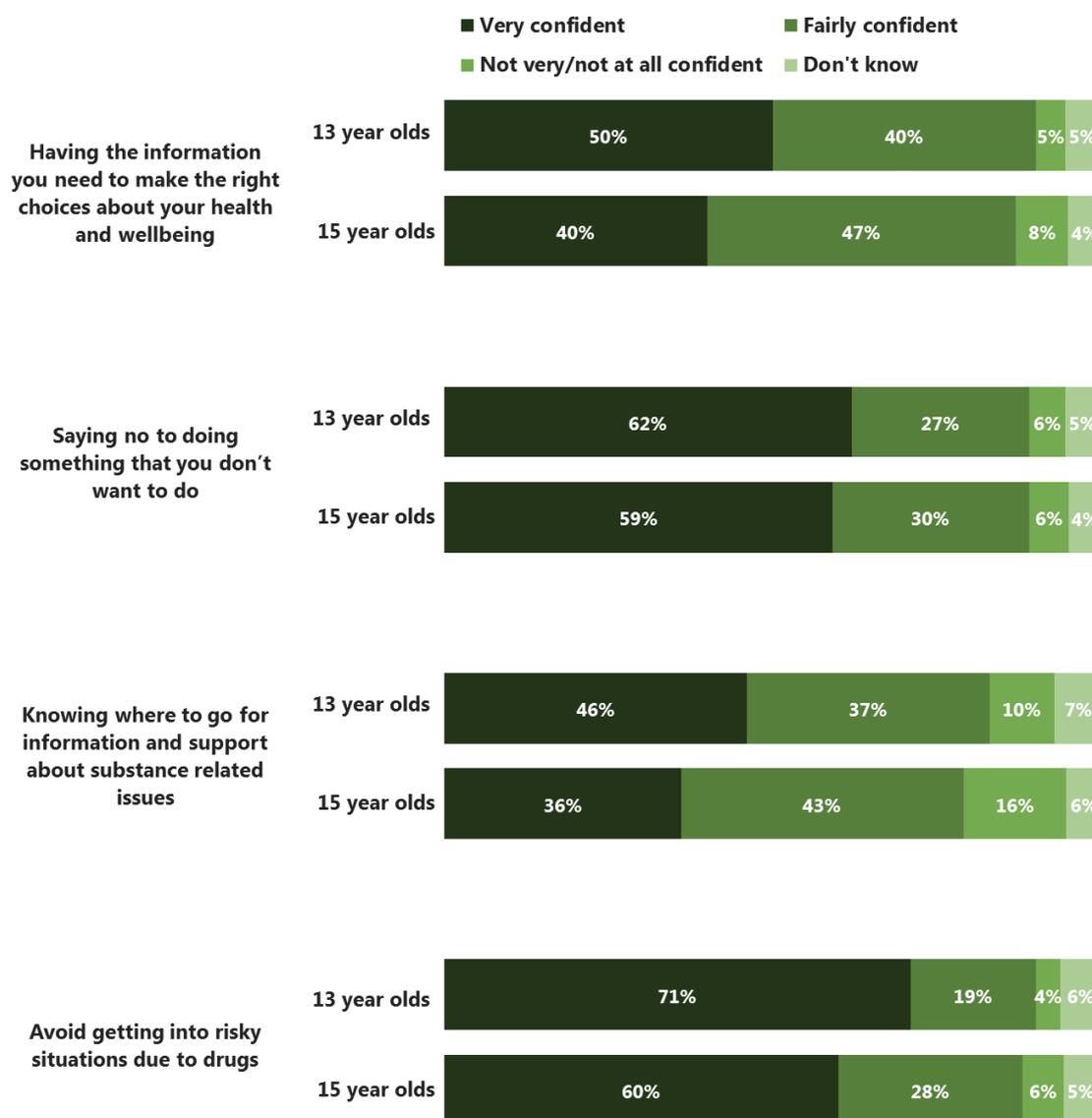
## Confidence in health and wellbeing choices

Pupils were asked how confident they were about four aspects of health and wellbeing. Across each, the majority of pupils of both age groups reported that they felt confident in their health and wellbeing choices. There were no differences between the two age groups, with the exception of 13 year olds being more likely than 15 year olds to feel very confident that they know where to go for information and support about substance related issues and avoiding getting into risky situations due to drugs (Figure 5.6).

The only gender differences were that 15 year olds girls were less likely than 15 year old boys to say that they were confident that they had the information they need to make the right choices about their health and wellbeing (86% of 15 year olds girls, compared with 90% of 15 year old boys) and knowing where to go for information and support about substance use related issues (75% of 15 year old girls, compared with 83% of boys).

**Figure 5.6 Confidence in health and wellbeing choices by age (2015)**

Q. Thinking about the future, how confident do you feel about...?

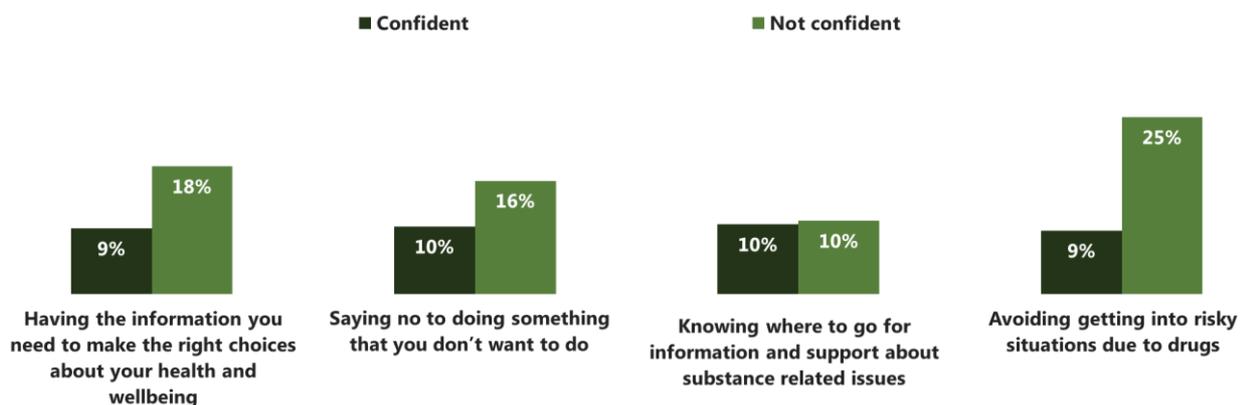


Base: all 13 year olds (11,150), all 15 year olds (11,780)

Feeling confident about health and wellbeing choices was associated with drug use in the last month. In both age groups, those who felt confident were less likely to have used drugs in the last month than those who did not (Figure 5.7). There was one exception to this: there was no difference in drug use in relation to confidence about knowing where to go for information and support about substance related issues.

**Figure 5.7 Proportion of 15 year old pupils who took drugs in the last month by confidence in future health and wellbeing choices (2015)**

*Q. Thinking about the future, how confident do you feel about...?*



Base: 15 year olds who were confident about their future health and wellbeing choices, 15 year olds who were not (for full base sizes please see Appendix B)

## **6 Risk and protective factors**

### **Family**

A number of aspects of family life were associated with drug use in the month before the survey. These were: who you live with; maternal awareness; paternal awareness; and family communication (Figure 6.1).

#### **Who you live with**

Among 13 year olds there were no differences in drug use in the last month by family status. However, among 15 year olds, those living with a single or step parent were more likely to have used drugs in the last month than those who lived with both parents.

#### **Maternal and paternal awareness**

Among both age groups, drug use in the last month was higher among those who thought that their mother knew a below average amount about what they do and who they are with. The same pattern emerged for father's perceived knowledge of activities, although to a lesser degree.

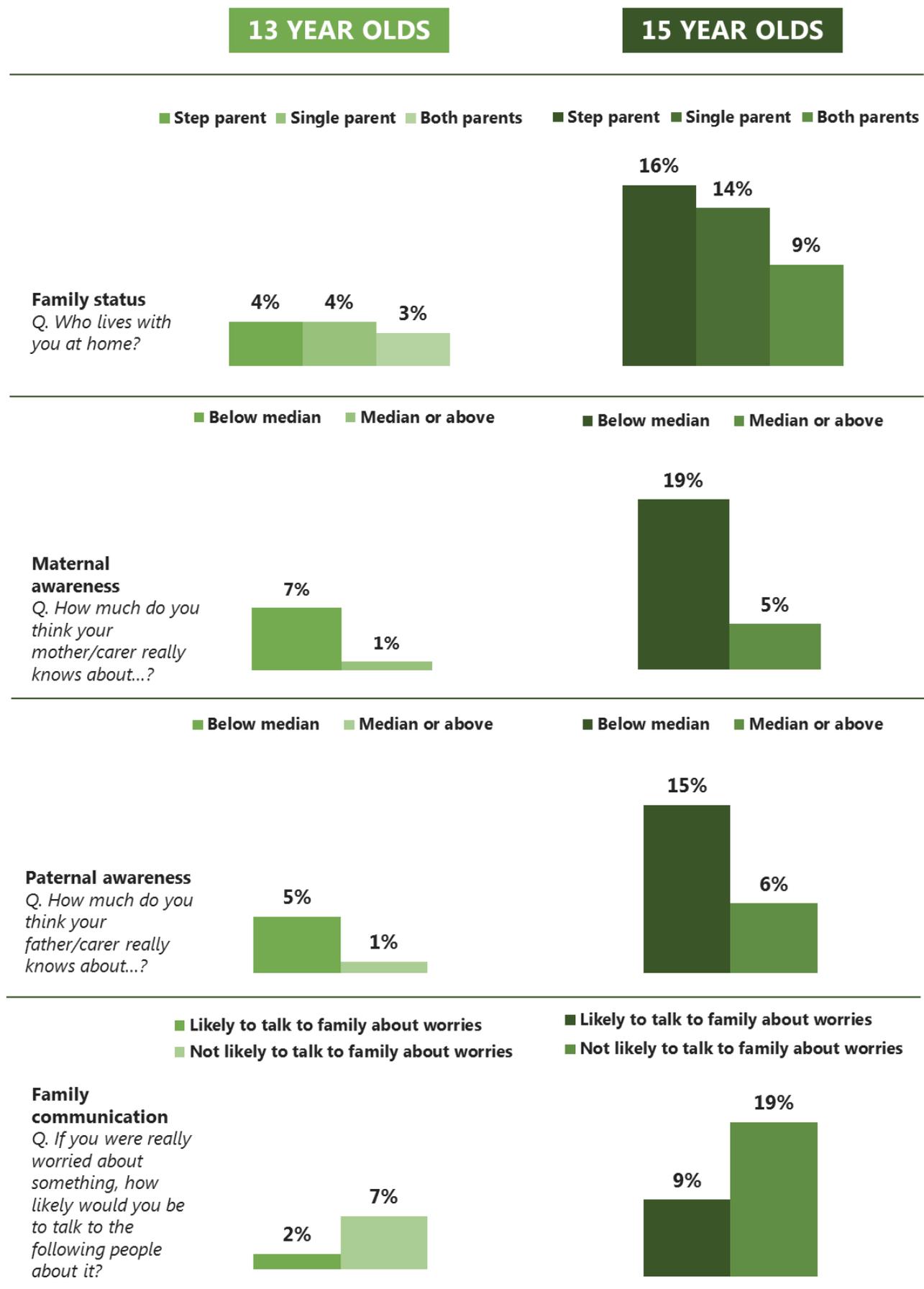
#### **Family communication**

Across both age groups, those that say they would be likely to talk to their family if they felt worried about something, were less likely to have taken drugs in the last month than those who would not.

#### **Caring responsibilities**

Those with caring responsibilities were slightly more likely to have used drugs in the last month than those who did not.

**Figure 6.1 Proportion of pupils who took drugs in the last month by factors relating to family life (2015)**



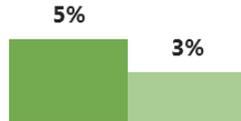
## 13 YEAR OLDS

## 15 YEAR OLDS

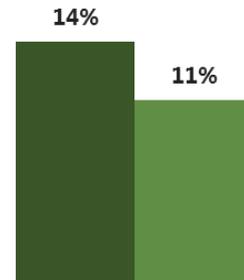
### Caring responsibilities

Q. Do you care for or look after someone in your home because, for example, they have a long-term illness or disability? In other words, are you a young carer?

■ Carer ■ Not carer



■ Carer ■ Not carer



Base: all pupils (for full base sizes please see Appendix B)

## **Friends and leisure activities**

Aspects of a pupil's social life were also associated with having used drugs in the last month. These were: number of close friends; age of friends; number of evenings spent out with friends; amount of own cash to spend; and type of leisure activities pursued (Figure 6.2).

### **Number of friends**

Pupils with no close friends were more likely to have used drugs in the last month than those who had one or more.

### **Age of friends**

Pupils with mostly older friends were more likely to have used drugs in the last month than those who had younger friends or friends about the same age. Among 15 year olds, having friends of mixed ages was also associated with a higher likelihood of using drugs in the last month but this was not the case among 13 year olds.

### **Number of evenings spent out with friends**

The greater the number of evenings pupils spent out with friends in a week, the greater the likelihood that they had used drugs in the last month.

### **Amount of own cash to spend**

Pupils with more money of their own to spend were more likely to have used drugs in the last month.

### **Leisure activities**

Lower drug use prevalence was associated with spending time reading books. Among 13 year olds, playing a sport regularly and among 15 year olds doing a hobby regularly were also associated with lower levels of drug use.

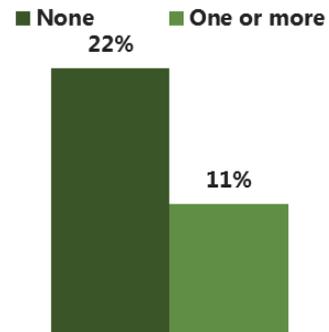
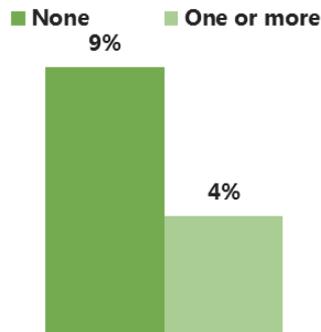
In contrast, hanging out in the street and going to concerts or gigs regularly were associated with higher prevalence of drug use. Among 15 year olds, those that went to a friend's house on a weekly basis were more likely to have used drugs in the last month (Figure 6.3).

**Figure 6.2 Proportion of pupils who took drugs in the last month by factors relating to friendships (2015)**

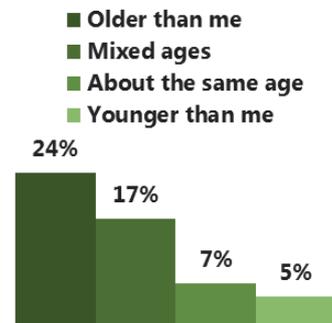
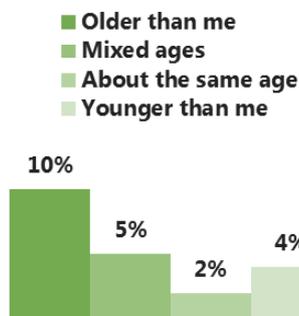
**13 YEAR OLDS**

**15 YEAR OLDS**

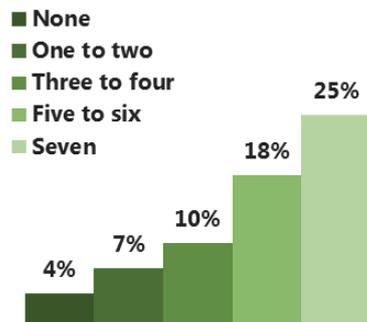
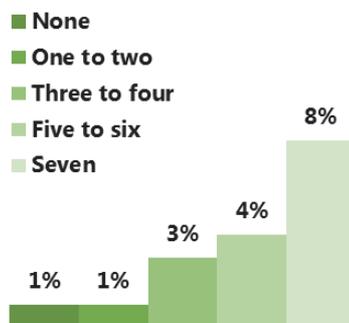
**Number of friends**  
*Q. How many close friends would you say you have?*



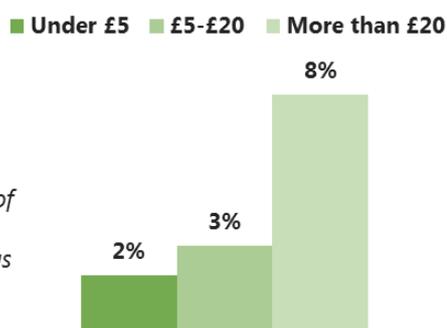
**Age of friends**  
*Q. Are your friends older, younger, or about the same age as you?*



**Number of evenings spent with friends**  
*Q. Thinking about a typical week, how many evenings do you spend with friends?*



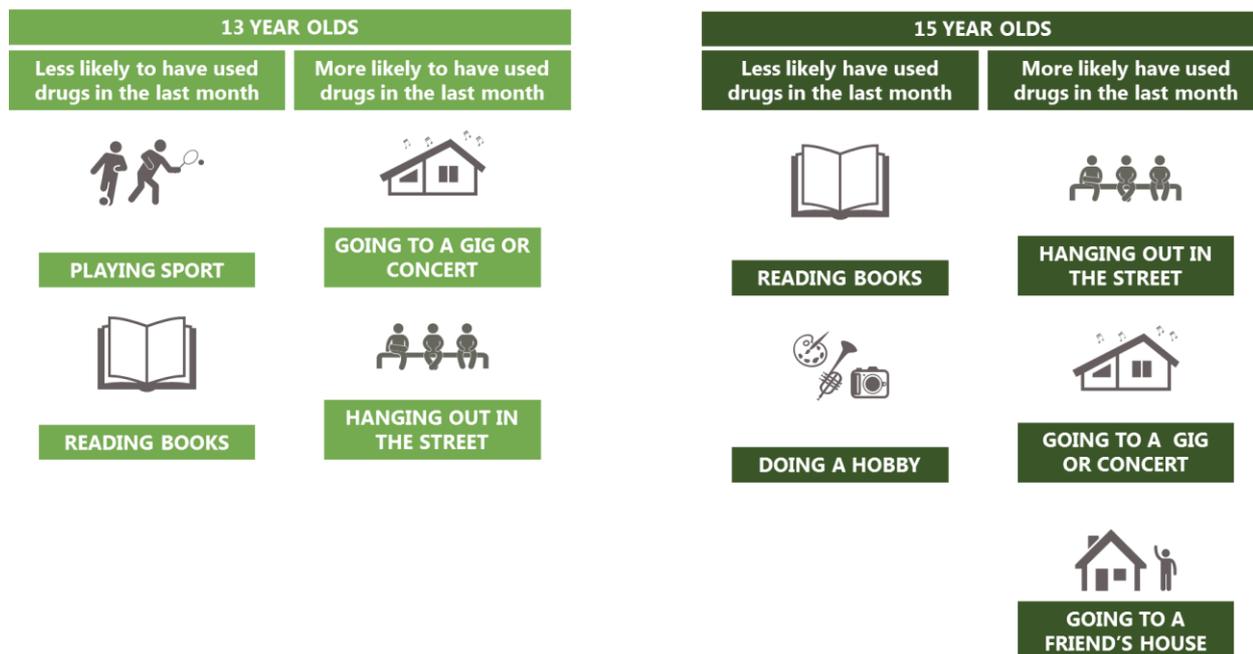
**Own cash to spend**  
*Q. How much money of your own do you have most weeks to spend as you like?*



Base: all pupils (for full base sizes please see Appendix B)

**Figure 6.3 Drug use in the last month, by weekly activities in order of strength of association (2015)**

*Q. Here is a list of things that young people sometimes do in their free time, when they aren't at school. What about you?*



Base: all pupils (for full figures and base sizes please see Appendix B)

## **School**

Factors relating to a pupil's engagement with school had a strong relationship with drug use behaviour. The more engaged a pupil was with school the less likely they were to have used drugs in the last month. The main factors were: enjoying school; feeling pressured by schoolwork; exclusion from school; and truanting. Post-school expectations were also related to drug use in the last month (Figure 6.4).

### **Enjoying school**

The more a pupil liked school, the less likely they were to have used drugs in the last month.

### **Feeling pressured by schoolwork**

At age 13 those who felt pressured by schoolwork a lot of the time were substantially more likely to have used drugs in the last month than those who never or only sometimes felt pressured.

However, among 15 year olds, it was those who never felt pressured who were most likely to have used drugs in the last month.

### **Exclusion from school**

Pupils who had ever been excluded from secondary school were more likely to have used drugs in the last month than those who had not. 13 year olds who had been excluded were four times more likely to have used drugs in the last month, while 15 year olds who had been excluded were three times as likely.

### **Truanting**

Truancy was strongly correlated with drug use in the last month. Among both age groups, the more frequently a pupil truanted, the more likely they were to have used drugs in the last month.

### **Post-school expectations**

Among both age groups (although to a lesser extent at age 13), those that said they expected to go to university after school were less likely to have reported using drugs in the last month. Among 15 year olds, drug use in the last month was particularly prevalent among those who thought they would complete an apprenticeship after they leave school.

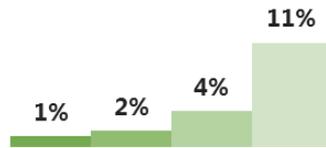
Figure 6.4 Proportion of pupils who used drugs in the last month by school variables (2015)

13 YEAR OLDS

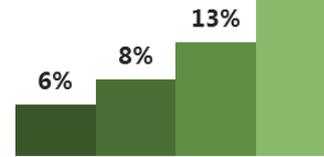
15 YEAR OLDS

**Liking school**  
Q. How much do you like school at the moment?

- I like it a lot
- I like it a bit
- I don't like it very much
- I don't like it at all

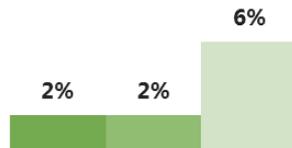


- I like it a lot
- I like it a bit
- I don't like it very much
- I don't like it at all

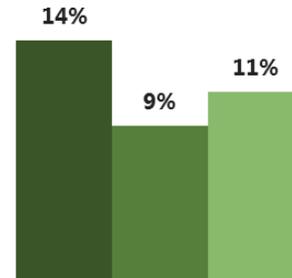


**Feeling pressured**  
Q. How often do you feel strained or pressured by the schoolwork you have to do?

- Never
- Sometimes
- A lot of the time

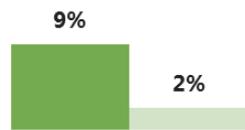


- Never
- Sometimes
- A lot of the time

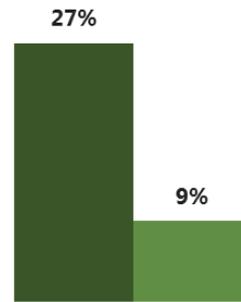


**Exclusion**  
Q. Since you started secondary school, have you been excluded?

- Been excluded
- Not been excluded

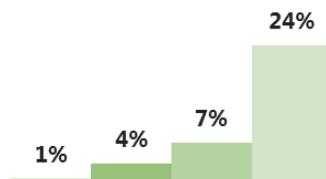


- Been excluded
- Not been excluded

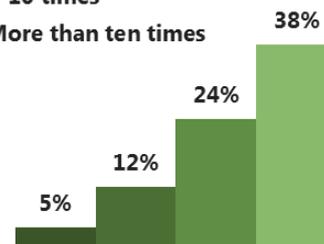


**Truancing**  
Q. In the past year, how many times did you skip or skive school?

- Not at all
- 1-3 times
- 4-10 times
- More than ten times



- Not at all
- 1-3 times
- 4-10 times
- More than ten times



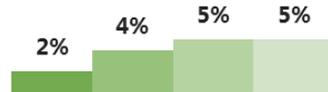
## 13 YEAR OLDS

## 15 YEAR OLDS

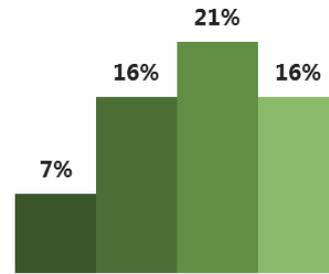
### Post-school expectations

Q. Which one of these do you think you are most likely to be doing when you leave school?

■ University    ■ FE college  
■ Apprenticeship    ■ Working



■ University    ■ FE college  
■ Apprenticeship    ■ Working



Base: all pupils (for full base sizes please see Appendix B)

## **Inequalities**

Inequalities related to health and wellbeing had a stronger relationship with drug use in the last month than deprivation. The main factors were: self-rated health; whether a pupil had an illness or disability; emotional and behavioural problems; and mental wellbeing (Figure 6.5).

### **Self-rated health**

Among both age groups, pupils who rated their health as 'bad' were more likely to have used drugs in the last month than those who rated their health as 'good'.

### **Illness or disability**

Pupils who said they had a long-term illness or disability were more likely to have used drugs in the last month than those who did not.

### **Emotional and behavioural problems**

Emotional and behavioural problems are assessed through the Strengths and Difficulties Questionnaire (SDQ) in SALSUS. The questionnaire contains 5 scales: emotional problems, conduct problems, hyperactivity problems, peer problems and pro-social behaviour. The SDQ score is a composite measure derived from the first 4 scales listed and provides an overall indicator of emotional and behavioural problems.

Pupils with poorer scores for emotional wellbeing and behavioural conduct were more likely to have used drugs in the last month.

### **Mental Wellbeing**

Mental wellbeing is assessed in SALSUS using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). This is a scale of 14 positively worded items, with five response categories per item. The scale is scored by summing the response to each item answered on a 1 to 5 Likert scale. The minimum scale score is 14 and the maximum is 70. The higher a respondent's score, the better their mental wellbeing.

Among both age groups, those with below average score for mental wellbeing were more likely to have used drugs in the last month than those with an average or above average score.

### **Deprivation<sup>7</sup>**

Area-based deprivation is assessed using the Scottish Index of Multiple Deprivation (SIMD). This is used to provide an indication of material disadvantage in individual pupils.

Among 15 year olds, those living in the most deprived areas (SIMD 1) were more likely to have used drugs in the last month than those living in more affluent areas. However, among 13 year olds, there was no relationship between using drugs in the last month and SIMD.

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<sup>7</sup> For full details of how area deprivation is calculated and its limitations please see the SALSUS 2015 Technical Report

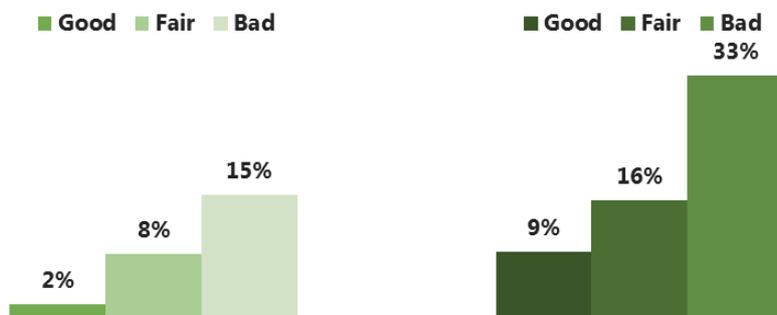
**Figure 6.5 Proportion of pupils who used drugs in the last month by inequalities and age (2015)**

**13 YEAR OLDS**

**15 YEAR OLDS**

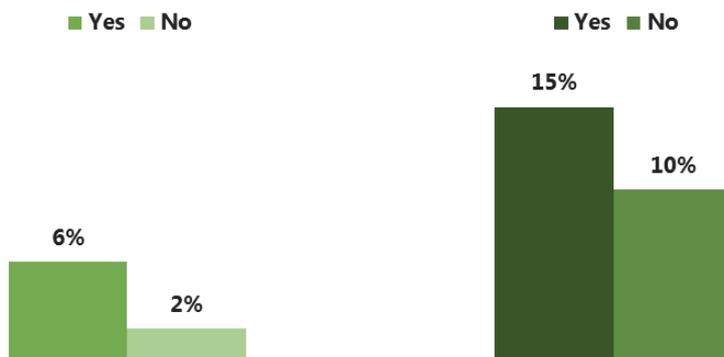
**Self-rated health**

Q. How is your health in general? Would you say it was...?

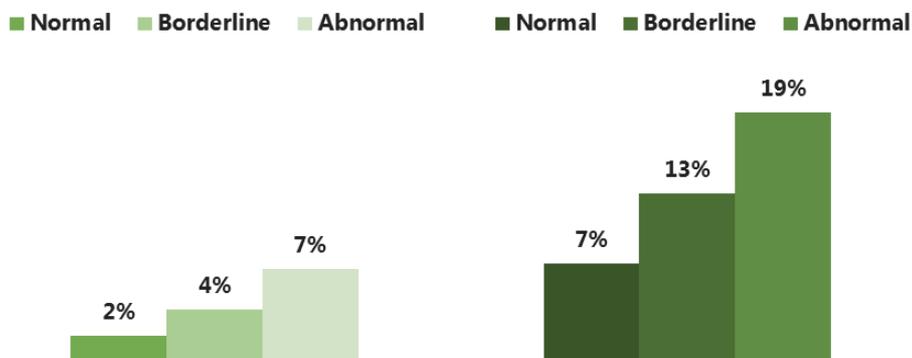


**Illness or disability**

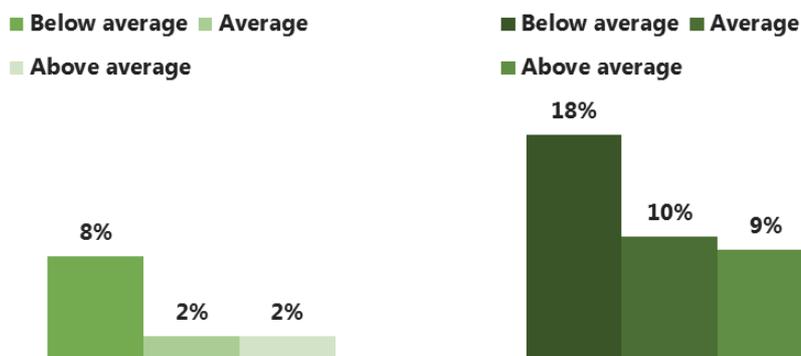
Q. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?



**Emotional and behavioural problems**

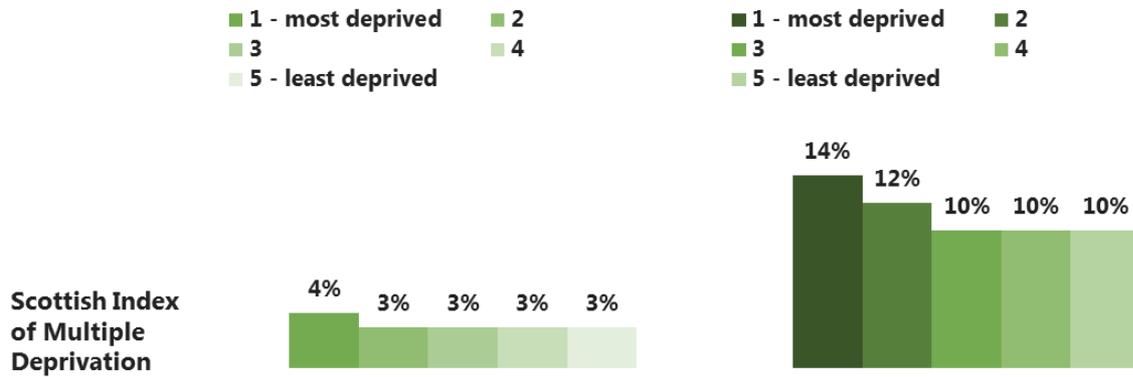


**Mental wellbeing**



## 13 YEAR OLDS

## 15 YEAR OLDS



Base: all pupils (for full base sizes please see Appendix B)

# Appendix A: Changes to the 2015 drug questions

No drug questions were removed.

Eight new drugs questions were added to the 2015 survey:

- 'Have you ever been offered powders or pills that are sold as legal highs?'
- 'If you know the name of the legal high that you were offered, write it in the box below. If you don't know the name, cross the 'Don't know' box.'
- 'Apart from things asked about at Q49, Q50 and Q51, have you ever been offered any other drugs?'
- 'If you know the name of drug that you were offered, write it in the box below. If you don't know the name, cross the 'Don't know' box.'
- 'When was the last time you ever used or took powders or pills that are sold as legal highs?'
- 'If you know the name of the legal high that you took, write it in the box below. If you don't know the name, cross the 'Don't know' box.'
- 'Apart from things asked about above at Q55, Q56 and Q57, when was the last time you ever took any other drugs?'
- 'If you know the name of the other drug that you took, write it in the box below. If you don't know the name, cross the 'Don't know' box.'

Three drug questions were amended:

- The response options were adjusted for two questions: 'Have you ever been offered any of the following drugs?' and 'When was the last time you ever used or took any of the following?'
  - 'Powders or pills sold as legal highs' and 'Other drugs that would not be given to you by a doctor or chemist' were removed
  - The following options were added
    - 'MDAI, 6-APB (Benzo Fury), methylone (or other synthetic empathogen)'
    - 'MXE, MXP (or other synthetic dissociative)'
    - 'Ethylphenidate, MPA or branded packets such as Ching, Snow White, Blue stuff, Pink Panthers (or other synthetic stimulant)'
    - 'AMT, NBOMe, 2Cs (or other synthetic psychedelic)'.

- The question 'If you felt that you needed to get help because you were using drugs, who/where would you go to?' was changed to 'If you wanted information about drugs, who/where would you go to?'

## Appendix B: Base Tables

**Table B.1 Bases for Figure 2.4 Proportion of pupils who had used drugs in the last month, by sex and age (1998-2015)**

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
<b>1998</b>	303	314	561	552
<b>2000</b>	624	582	592	571
<b>2002</b>	6027	6274	5278	5271
<b>2004</b>	1810	1736	1672	1742
<b>2006</b>	5821	5834	5649	5451
<b>2008</b>	2655	2710	2310	2337
<b>2010</b>	9788	9532	9118	8746
<b>2013</b>	8703	8657	8203	8047
<b>2015</b>	6209	6550	5496	5498

**Table B.2 Bases for Figure 2.6 Proportion of pupils who were drinking alcohol the last time they used drugs, by sex and age (2002-2015)**

	13 year old boys who have ever used drugs	13 year old girls who have ever used drugs	15 year old boys who have ever used drugs	15 year old girls who have ever used drugs
<b>2002</b>	948	710	2013	1873
<b>2004</b>	268	210	568	595
<b>2006</b>	434	369	1458	1322
<b>2008</b>	189	147	581	501
<b>2010</b>	512	418	2076	1512
<b>2013</b>	419	322	1478	1260
<b>2015</b>	320	241	1056	803

**Table B.3: Bases for Figure 3.1 Proportion of pupils ever offered drugs, by sex and age (1998-2015)**

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
<b>1998</b>	306	315	562	554
<b>2000</b>	619	577	593	570
<b>2002</b>	5862	6155	5242	5240
<b>2004</b>	1784	1732	1673	1732
<b>2006</b>	5573	5690	5484	5368
<b>2008</b>	2423	2584	2229	2301
<b>2010</b>	9081	9142	8761	8562
<b>2013</b>	8164	8322	7930	7894
<b>2015</b>	6325	6651	5625	5605

**Table B.4: Bases for Figure 3.4 Proportion of pupils who think it would be very or fairly easy to get drugs, by age and sex (2002-2015)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2002</b>	5808	6103	5202	5217
<b>2004</b>	1761	1708	1647	1731
<b>2006</b>	5405	5552	5339	5299
<b>2008</b>	2453	2572	2217	2278
<b>2010</b>	8885	8879	8534	8372
<b>2013</b>	8114	8276	7854	7822
<b>2015</b>	6097	6464	5446	5504

**Table B.5: Bases for Figure 4.1 Acceptability of trying cannabis, by age and gender (2006-2015)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2006</b>	5917	5900	5714	5491
<b>2008</b>	2655	2710	2310	2337
<b>2010</b>	9788	9532	9118	8746
<b>2013</b>	8703	8657	8203	8047
<b>2015</b>	6067	6463	5379	5449

**Table B.6: Bases for Figure 4.2 Acceptability of trying cocaine, by age and gender (2006-2015)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2006</b>	5917	5900	5714	5491
<b>2008</b>	2655	2710	2310	2337
<b>2010</b>	9788	9532	9118	8746
<b>2013</b>	8703	8657	8203	8047
<b>2015</b>	6068	6481	5371	5464

**Table B.7: Bases for Figure 4.3 Acceptability of trying glue sniffing, by age and gender (2006-2015)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2006</b>	5917	5900	5714	5491
<b>2008</b>	2655	2710	2310	2337
<b>2010</b>	9788	9532	9118	8746
<b>2013</b>	8703	8657	8203	8047
<b>2015</b>	6070	6481	5386	5457

**Table B.8: Bases for Figure 4.6 15 year olds who “don’t know” if statements are true or false, by age and gender (2006-2015)**

	All 15 year olds
2006	11274
2008	4671
2010	17936
2013	16288
2015	11697

**Table B.9: Bases for Figure 5.3 Proportion of pupils who took drugs in the last month, by whether they agree that their school provides them with enough advice and support about taking drugs (2015)**

	13 year olds	15 year olds
Agree	8171	6999
Disagree	1657	1332

**Table B.10: Bases for Figure 5.5 Proportion of pupils who took drugs in the last month, by how much they said they had learned about drug topics at school (2015)**

*The risks to your health from drugs*

	13 year olds	15 year olds
A lot	6716	6064
A little	3122	2929
Not much/not at all	1495	1001

*The effects that taking drugs can have on other areas of your life*

	13 year olds	15 year olds
A lot	5790	5323
A little	3434	3302
Not much/not at all	1840	1259

*That your ability to make decisions can be affected by taking drugs*

	13 year olds	15 year olds
A lot	5469	5280
A little	3459	3283
Not much/not at all	2029	1285

*That people’s views about smoking, drinking and taking drugs can be affected by the things their friends say or do*

	13 year olds	15 year olds
A lot	5644	4952
A little	3544	3438
Not much/not at all	1682	1380

**Table B.11: Bases for Figure 5.7 Proportion of pupils who took drugs in the last month, by confidence in future health and wellbeing choices (2015)**

*Having the information you need to make the right choices about your health and wellbeing*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Confident</b>	10796	9197
<b>Not very/not at all confident</b>	549	793

*Saying no to doing something that you don't want to do*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Confident</b>	10683	9386
<b>Not very/not at all confident</b>	644	605

*Knowing where to go for information and support about substance related issues*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Confident</b>	9920	8233
<b>Not very/not at all confident</b>	1152	1581

*Avoid getting into risky situations due to drugs*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Confident</b>	10714	9224
<b>Not very/not at all confident</b>	420	635

**Table B.12: Bases for Figure 6.1 Proportion of pupils who took drugs in the last month, by family variables (2015)**

*Family status*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Single parent</b>	2596	2448
<b>Step parent</b>	1034	979
<b>Both parents</b>	8633	7174

*Maternal awareness*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Median and above</b>	8480	6182
<b>Below median</b>	3957	4603

*Paternal awareness*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Median and above</b>	7245	4969
<b>Below median</b>	4559	5203

### *Family communication*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Likely to talk</b>	11328	9073
<b>Not likely to talk</b>	1406	1909

### *Caring responsibilities*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Yes</b>	1473	937
<b>No</b>	10925	9942

**Table B.13: Bases for Figure 6.2 Proportion of pupils who took drugs in the last month, by friend variables (2015)**

### *Number of friends*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>0</b>	197	263
<b>1</b>	421	422
<b>2</b>	1383	1461
<b>3+</b>	10336	8562

### *Age of friends*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Older</b>	503	516
<b>Younger</b>	189	184
<b>Same aged</b>	8265	7018
<b>Mixed</b>	3396	2983

### *Number of evenings spent with friends*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>None</b>	1223	1104
<b>1-2 evenings</b>	3379	3392
<b>3-4 evenings</b>	3988	3584
<b>5+ evenings</b>	3398	2406

### *Own cash to spend*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Less than £5 a week</b>	2861	1595
<b>£5 or more, but less than £20 a week</b>	8257	7215
<b>£20 or more a week</b>	1214	1847

**Table B.14: Proportion of 13 year olds who had used drugs in the last month, by weekly activities (2015) – Percentages (Figure 6.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
Playing sport	2%	4%
Going to a gig or concert	11%	2%
Doing a hobby	3%	3%
Hanging out in the street	6%	1%
Reading books	2%	4%
Do nothing	5%	2%

**Table B.15: Proportion of 15 year olds who had used drugs in the last month, by weekly activities (2015) – Percentages (Figure 6.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
Reading books	8%	12%
Hanging out in the street	21%	5%
Doing a hobby	9%	12%
Going to a gig or concert	20%	10%
Going to a friend's home	14%	5%

**Table B.16: Proportion of 13 year olds who had used drugs in the last month, by weekly activities (2015) – Bases (Figure 6.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
Playing sport	8847	3608
Going to a gig or concert	718	11659
Doing a hobby	7437	4967
Hanging out in the street	4783	7612
Reading books	5818	6661
Do nothing	2784	9230

**Table B.17: Proportion of 15 year olds who had used drugs in the last month, by weekly activities (2015) – Bases (Figure 6.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
Reading books	3499	7247
Hanging out in the street	3622	7094
Doing a hobby	5543	5160
Going to a gig or concert	816	9889
Going to a friend's home	7031	3691

**Table B.18: Bases for Figure 6.4 Proportion of pupils who had used drugs in the last month, by school variables (2015)**

*How much do you like school at the moment?*

	<b>13 year olds</b>	<b>15 year olds</b>
Like it a lot	2914	1538
Like it a little	6098	5022
Not very much	1970	2429
Not at all	1142	1595

### *Feeling pressured by schoolwork*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Never</b>	2007	631
<b>Sometimes</b>	7355	4438
<b>A lot of the time</b>	2688	5482

### *Exclusion*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Has been excluded</b>	1139	1049
<b>Has not been excluded</b>	10808	9481

### *Truancing*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Not at all</b>	7990	6122
<b>4-10 times</b>	2784	2584
<b>1-3 times</b>	731	988
<b>More than 10 times</b>	365	683

### *Post-school expectations and age*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>University</b>	7216	6094
<b>FE college</b>	1354	1646
<b>Apprenticeship</b>	320	847
<b>Working</b>	1232	873

**Table B.19: Bases for Figure 6.5 Proportion of pupils who had used drugs in the last month, by inequalities and geography variables (2015)**

### *Self-rated health*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Good</b>	11119	9032
<b>Fair</b>	1431	1716
<b>Bad</b>	223	326

### *Illness or disability*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Yes</b>	1743	1866
<b>No</b>	10459	8715

### *Emotional and behavioural difficulties (overall SDQ score)*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Normal</b>	8228	6562
<b>Borderline</b>	1594	1767
<b>Abnormal</b>	1533	1671

**Mental wellbeing (WEMWBS Score)**

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Below average</b>	1393	1806
<b>Average</b>	7777	7238
<b>Above average</b>	1946	1134

**SIMD Band**

	<b>13 year olds</b>	<b>15 year olds</b>
<b>1- most deprived</b>	2260	1997
<b>2</b>	2765	2419
<b>3</b>	2187	1704
<b>4</b>	3134	2647
<b>5 - least deprived</b>	2522	2349

## Appendix C: Drugs categorised as NPS

The drugs that were included in the NPS analysis are listed below. This includes some substances which used to be described as 'legal highs' but which are now controlled, reflecting recent changes under the Misuse of Drugs Act 1971:

- Synthetic cannabis
- 'MDAI, 6-APB (Benzo Fury), methydone (or other synthetic empathogen)'
- 'MXE, MXP (or other synthetic dissociative)'
- 'Ethylphenidate, MPA or branded packets such as Ching, Snow White, Blue stuff, Pink Panthers (or other synthetic stimulant)'
- 'AMT, NBOMe, 2Cs (or other synthetic psychedelic)'
- Salvia.

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The data collected for this publication:

X are available in more detail through the UK Data Archive

X may be made available on request, subject to consideration of legal and ethical factors, please contact [SALSUS@gov.scot](mailto:SALSUS@gov.scot)

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